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### Domestic Violence in Pakistan from 1990 – 2020: A Mixed Method Approach

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Domestic Violence in Pakistan from 1990 – 2020: A Mixed Method Approach

Hamida Khatri

Harrisburg University of Science and Technology

Harrisburg, Pennsylvania

Thesis submitted to Dr. Stanley C. Nwoji in fulfillment of GRAD 699

August 10, 2020

### **Abstract**

This study assessed domestic violence from the perspective of the victims who experienced trauma due to sexual, emotional, and psychological abuse in Pakistan. Twenty-one battered Pakistani women between the ages of 15-60 years participated in the mixed-method study including an online survey and focused group sessions. Data on reported domestic violence cases was collected from UN Women, Aurat Foundation, and Human Rights Commission of Pakistan. Tools such as NVivo, Python, MS Excel, and R were used to analyze qualitative and quantitative data. Pragmatic approach and transformative research strategy was applied to identify the correlation between domestic violence and the emotions associated with it. The findings showed that physical and sexual violence were the most that impaired the emotional wellbeing of the abused, variables that provoke violence were triggers (42%), dependency (55%), learned helplessness (68%), and husband's addiction to alcohol (30%), and the major psychological problems faced by the abused were low self-esteem, grief, illiteracy, feelings of powerlessness, worthlessness, depression, and post-traumatic stress disorder. To further this research, investigative recommendations have been made to lower domestic violence in Pakistan, learning the impact of COVID-19 on the rise of domestic violence cases in the country, and lastly, understanding the enforcement of violent acts on women from the perspective of the abuser.

**Keywords:** *Domestic violence, storytelling, violence, victim, survivor*

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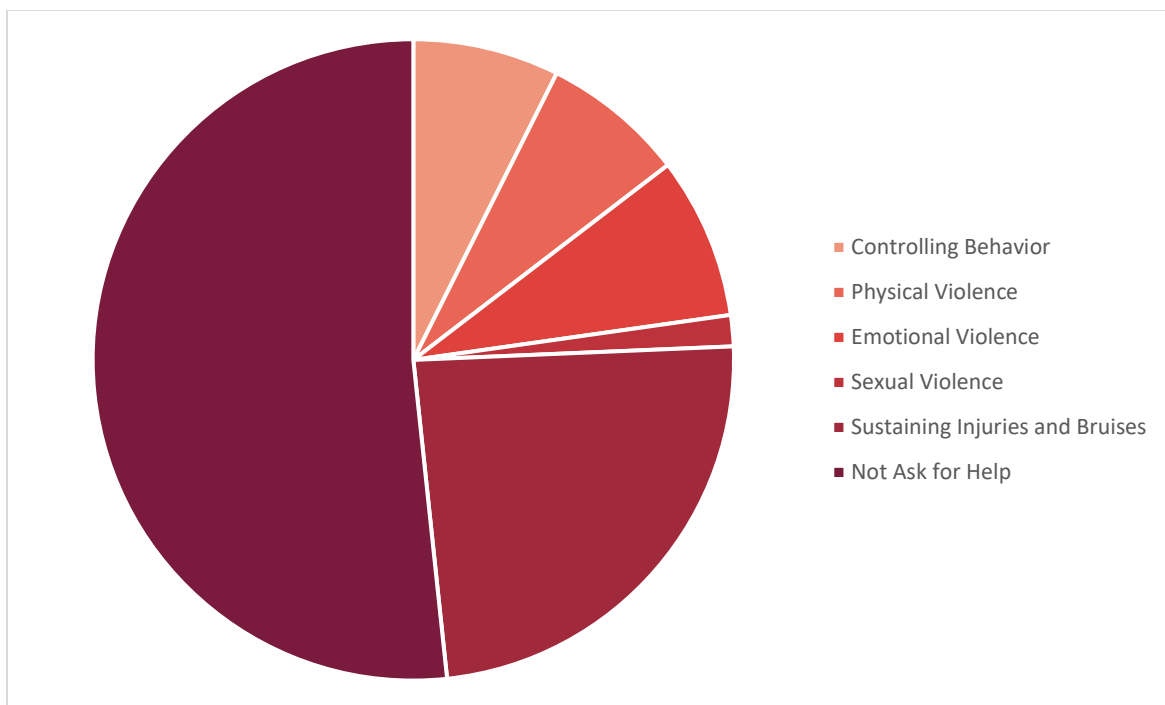
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## Introduction

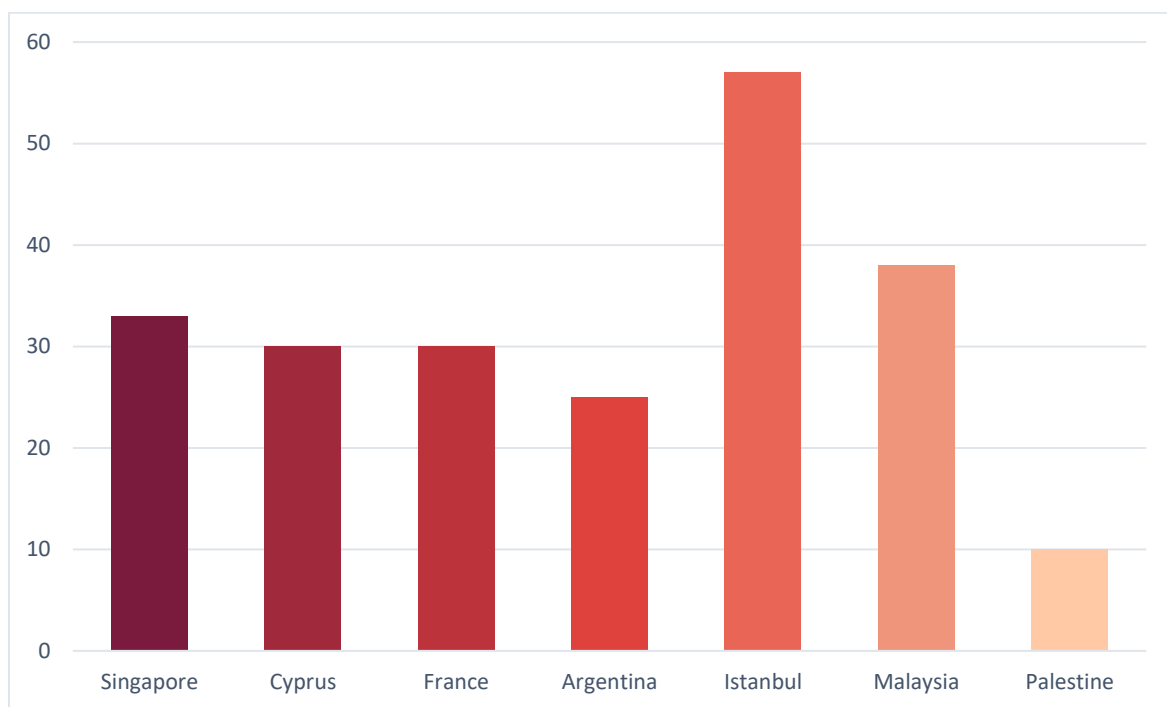
Domestic violence has been a lifetime social problem. Since the dawn of humanity, domestic violence has existed, and there is so much that a government or health-based organization can do (Toso, Cock, & Leavey, 2020). Euro News (2020) officials found that a rough estimate of 219,000 women between the ages of 18-75 years face domestic violence by their current or former partner, and out of those, only 20% seek help. In line with the data provided by Pakistan Demographics and Health Survey 2017-18, 28% of women between the ages of 15-49 years have experienced domestic violence since the age of 15 (PDHS, 2019). Out of the total, 44% have suffered physical, emotional, and sexual abuse, and 56%, which is more than half of the population, does not seek help or have an outlet for support (PDHS, 2019).



**Figure 1: Pakistan Demographics and Health Survey 2017-18**



Due to the current pandemic of COVID-19, there has been a dramatic rise in domestic violence cases all over the world (UNICEF, 2020). UN Women's most recent study reveals that less than 40% of women who experienced violence reported these crimes or sought help before the epidemic (UN Women, 2020). Since the lockdown, domestic violence—through data collected by the number of reports submitted and the calls made to helplines—has increased to 33% in Singapore, 30% in Cyprus, 30% in France, 25% in Argentina, 38.2% in Istanbul, 57% in Malaysia, 10 % in Palestine, and the numbers for the rest are still escalating (UN Women, 2020).



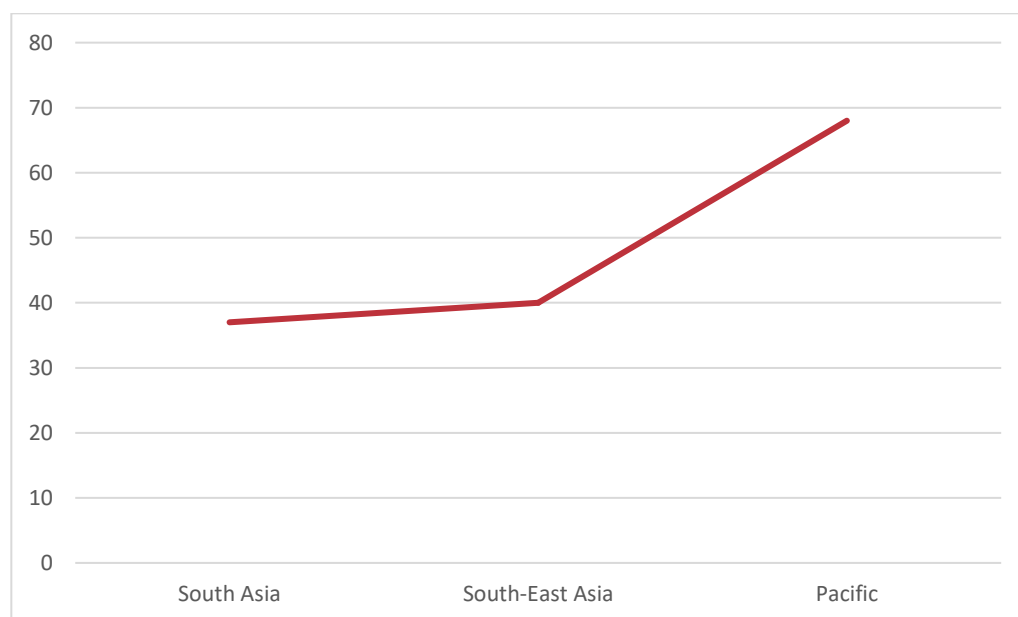
**Figure 2: UN Women Reports COVID-19, March-April 2020**

The Minister of France confirmed in an article submitted in EuroNews on March 28, 2020 that France has one of the highest rates of domestic violence in Europe. There is a code

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language that is used by the victims to seek help when going to the pharmacy, which is one of the factors used to identify the rise of the cases of domestic violence (EuroNews, 2020).

As seen in Figure 2, Istanbul has the highest rise of domestic violence cases since the lockdown (UN Women, 2020). UN Woman (2020) observed that 70% of women have experienced domestic violence from an intimate partner while 35% have experienced it with a non-partner at some point in their lives, which also provides evidence of the highest rates of depression in women. More than 37% of women in South Asia, 40% of women in South-East Asia, and up to 68% of women in the Pacific have experienced violence at the hands of their intimate partners (UN Women, 2020).



**Figure 3: UN Women Reports COVID-19, March-April 2020**

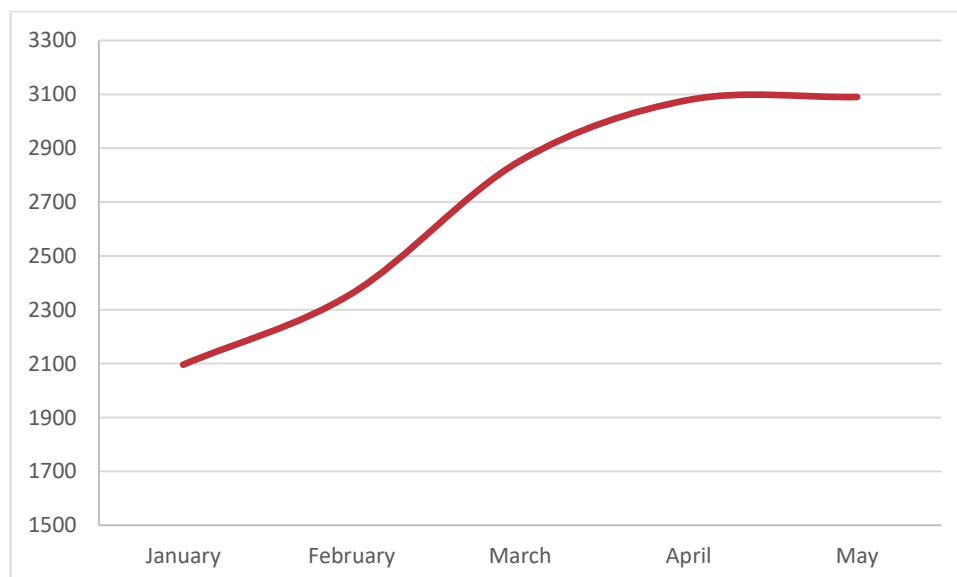
More so, one woman is killed by a partner or former partner every three days, with an estimated number of 87,000 women killed in 2017 globally, more than half were killed by their partners or family members, giving an estimated number of 137 women killed by their own

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family members every day (UM Women, 2019). Domestic violence has been characterized as an ‘invisible pandemic’ during the COVID-19 crisis and as a ‘ticking time bomb’ or a ‘perfect storm’ (Moreira, 2020).

In light of the Women’s Action Forum (WAF) in Karachi, Pakistan, women and girls are often overlooked during the “unprecedented large-scale natural disasters” because of patriarchal biases (WAF, 2020). They are identified as less valued and powerless in households and societies. More so, a request has been made to the Ministry of Affairs to make country-wide economic and social decisions based on gender sensitive data and to encourage women to play a leadership role in these discussions (WAF, 2020).

UrduPoint/Pakistan Point News (June 2020) asserts that Punjab Safe Cities Authority (PSCA) has received a total of 13,478 calls from the victims of domestic violence on the emergency 15 helplines during the months of January-May 2020. The trajectory of the calls received can be seen in the following figure:



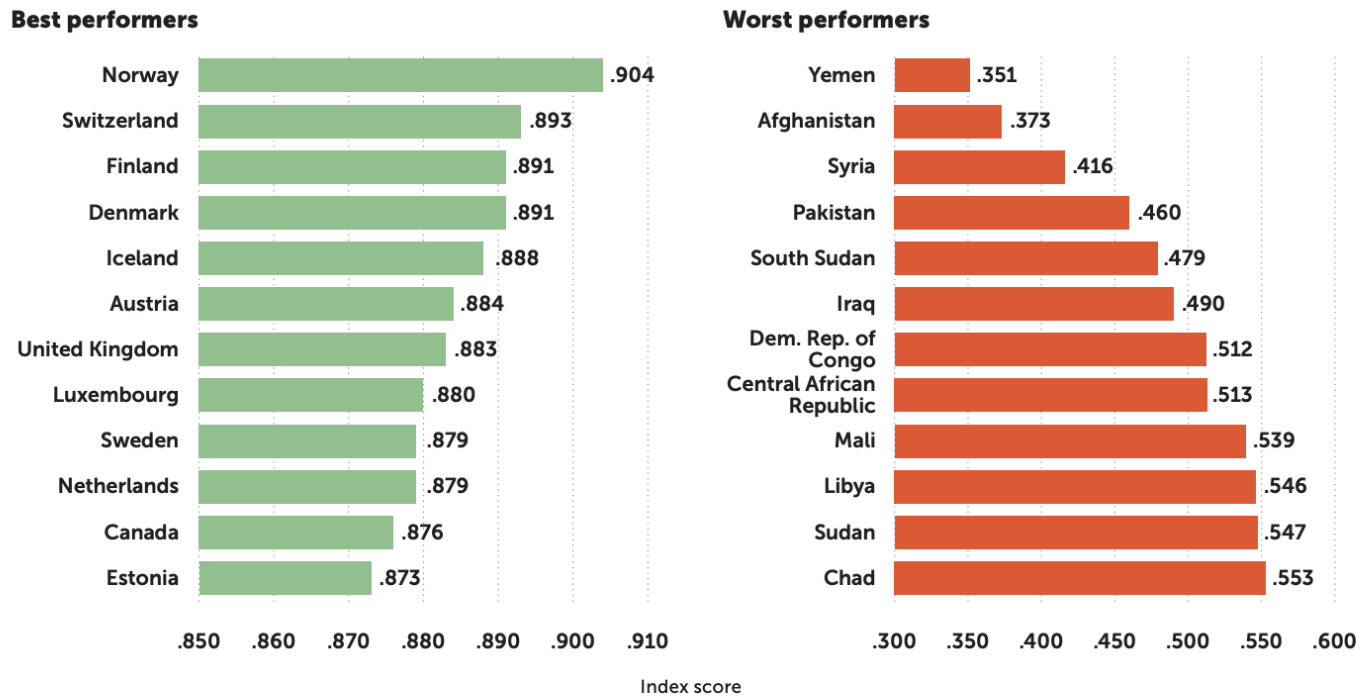
**Figure 4: Calls Received by Punjab Safe Cities Authority from January – May 2020**

United Nations Sustainable Development Framework for Pakistan (2018-2022) found out that the gender inequality in the country is huge. As reported by the World Economic Forum, Pakistan's Gender Inequality Index ranks 121 out of 155 countries (Georgetown Institute for Women, Peace and Security, 2019). More so, the recent legislations on Pakistani women's rights now include anti-honor killing, anti-rape bills on a national level apart from domestic violence and harassment (PDHS, 2019). As indicated by the Population and Housing Census in Pakistan, studies and surveys provide information but the data necessary to broader development planning and monitoring is still missing (Pakistan Bureau of Statistics, 2019).

Pakistan's 2025 goal is to empower women (UNFPA, 2017). On an average one in four women experience emotional, physical, or sexual violence, which totals to 8 million women every year spanning from public and private spaces (UNFPA, 2020). Lina Mousa (UNFPA Pakistan Country Representative) states that domestic violence against women and girls is a top priority especially during the COVID-19 crisis as indicated in the Sustainable Development Goal for Pakistan and the Programme of Actions (UNFPA, April 2020).

The Women Peace and Security Index 2019/20 indicates that Pakistan ranks 164<sup>th</sup> and the index is 0.460, which measures the rank and wellbeing of women worldwide (Georgetown Institute for Women, Peace and Security, 2019).

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Note: Possible index scores range from a low of 0 to a high of 1. See statistical table 1 for data sources, detailed scores, and date ranges.  
Source: Authors' estimates.

**Figure 5: The Dozen Best and Worst Performers on the WPS Index**

More so, Pakistan has the highest rate of discriminatory norm from men who do not want any woman in their family to work outside of their homes as compared to the rest of the world. (Georgetown Institute for Women, Peace and Security, 2019).

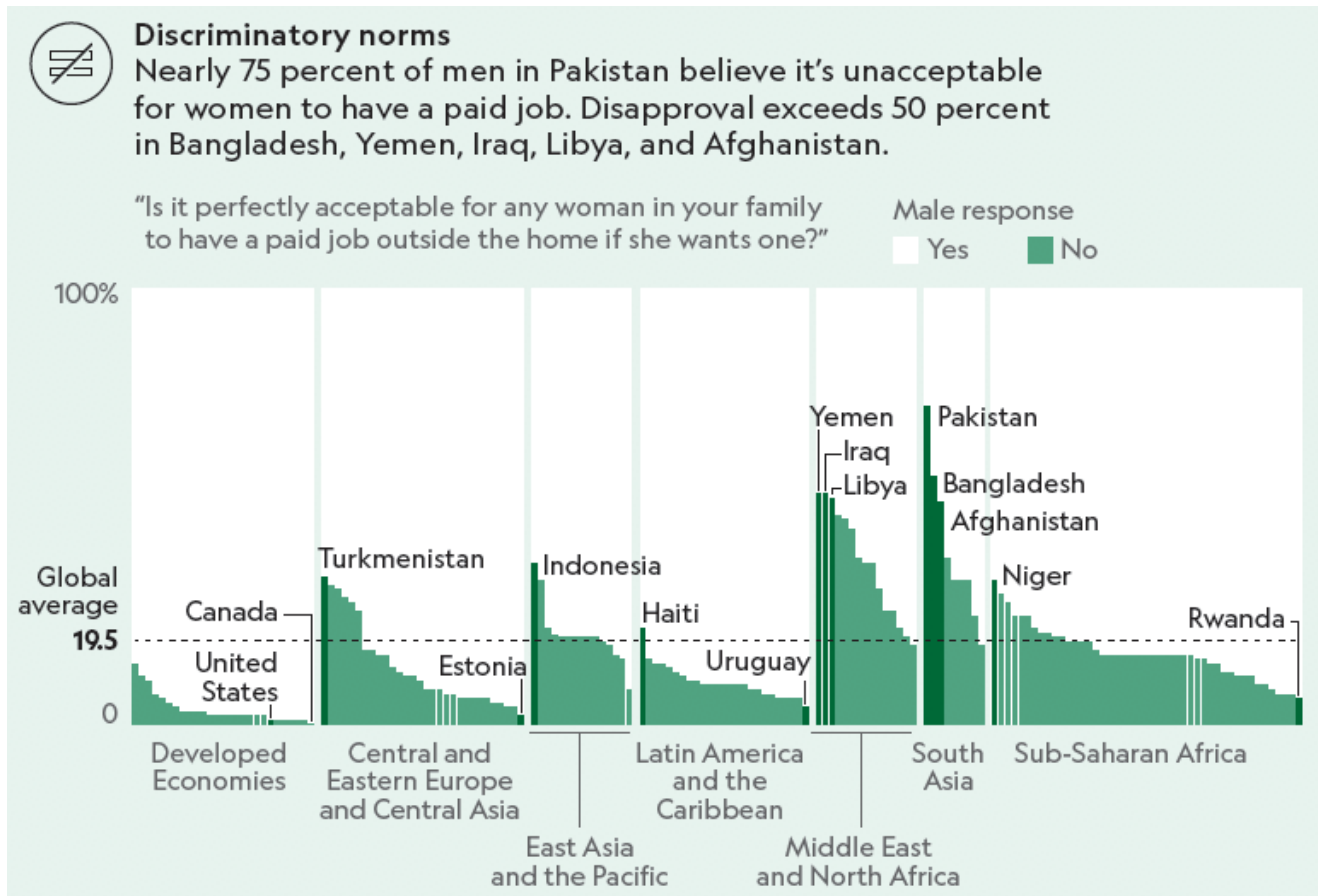
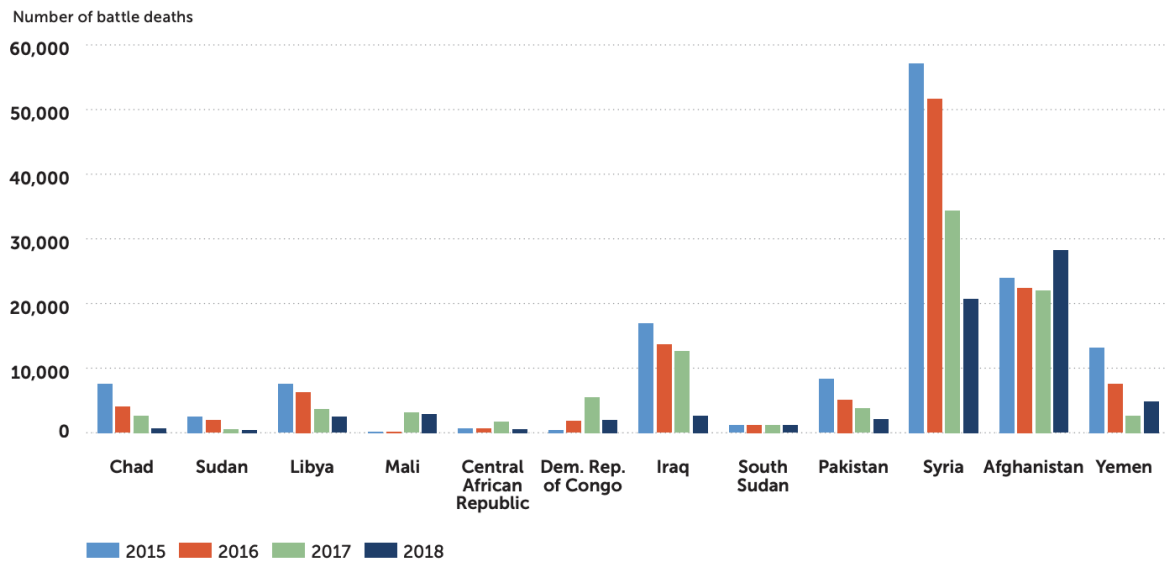


Figure 6: Georgetown Institute for Women, Peace and Security, 2019

Among the 34 countries where legal equality deteriorated, the most marked regression is in Pakistan (ranked 164 on the index), a country where, for example, domestic violence legislation does not protect unmarried partners or mandate equal pay for equal work (Berman-Vaporis, Parker, & Wardley, 2019).



**Figure 7: Trends in Organized Violence in the Bottom Dozen Countries on the WPS Index**

With respect to Uppsala Conflict Data Program (UCDP) dataset, WPS Index has also been used by journalists to link violations of women's rights to broader patterns of women's disempowerment or to provide empirical context to individual stories of women's unfair treatment and abuse. For example, in March 2019, a Pakistani man named Mian Faisal allegedly beat his wife, Asma Aziz, and shaved her head after she refused to dance for him and his friends (Malik, 2019). The incident sparked a larger national debate about consent and spousal abuse (Malik, 2019). In covering the case, a National Public Radio report used the WPS Index to broaden the story about Asma's abuse to the need to address high rates of intimate partner violence in Pakistan (Georgetown Institute for Women, Peace and Security, 2019).

WPS Index rank 2019	Country and group	WPS Index value 2019	GDP per capita (PPP\$; rank minus WPS rank) 2019	Inclusion					Justice			Security		
				Education (women's mean years of schooling, ages 25+) 2012–17 <sup>a</sup>	Financial inclusion (women ages 15+, %) 2011–17 <sup>a</sup>	Employment (women ages 25+, %) 2018	Cellphone use (women ages 15+, %) 2018	Parliamentary representation (seats held by women, %) 2019	Legal discrimination (aggregate score) 2018	Son bias (male to female ratio at birth) 2015/20 <sup>c</sup>	Discriminatory work norms (males 15+ who agree it is unacceptable for women to work, %) 2016	Intimate partner violence (experienced by women in the past year, %) 2000–17 <sup>b</sup>	Community safety (perception among women ages 15+, %) 2010–16 <sup>b</sup>	Organized violence (battle deaths per 100,000 people) 2006/18 <sup>c</sup>
160	Central African Rep.	0.513	5	3.0 <sup>d</sup>	9.7	68.4	66.3 <sup>*</sup>	8.6	28	1.03	11	26.3	49.4	20.40
161	Dem. Rep. of Congo	0.512	2	5.3	24.2	70.8	43.2 <sup>f</sup>	9.3	27	1.03	25	36.8	37.0	4.40
162	Iraq	0.490	-90	7.4	19.5	14.0	84.6	25.2	41	1.07	53	45.3 <sup>*</sup>	60.3	21.70
163	South Sudan	0.479	..	4.0 <sup>d</sup>	4.7	66.6	27.0 <sup>f</sup>	26.6	34	1.04	25	47.0 <sup>*</sup>	42.6	9.12
164	Pakistan	0.460	-42	3.7	7.0	24.2	34.0	20.0	38	1.09	73	14.5	63.2	0.43
165	Syria	0.416	..	4.6 <sup>d</sup>	19.6	11.7	79.6 <sup>*</sup>	13.2	48	1.05	37 <sup>*</sup>	23.0 <sup>r</sup>	16.9	180.27
166	Afghanistan	0.373	-15	1.9 <sup>d</sup>	7.2	51.6	46.2	27.3	40	1.06	51	46.1	12.2	63.63
167	Yemen	0.351	-23	1.9 <sup>d</sup>	1.7	5.3	48.0	1.0	50	1.05	53	15.3 <sup>*</sup>	42.6	12.76
Other countries and economies not in the index														
	Bahamas			11.5 <sup>d</sup>	..	65.2	..	21.8	17	1.06	..	..	..	0
	Brunei			9.0 <sup>d</sup>	..	59.5	..	9.1	40	1.06	..	..	..	0
	Cuba			10.9	..	41.0	..	53.2	..	1.06	..	..	46.2	0
	Eritrea			..	..	74.3	..	22.0	26	1.05	..	..	0	..
	Guinea-Bissau			..	..	73.0	..	13.7	34	1.03	..	..	0	..
	Kosovo			..	43.7	..	89.6	..	10	..	9	3.7	67.2	..
	Liechtenstein			..	..	..	..	12	..	..	..	..	..	..
	North Korea			..	..	72.3	..	16.3	..	1.05	..	..	..	..
	Oman			10.4	63.5	32.1	..	8.8	48	1.05	..	..	..	0
	Seychelles			..	..	..	..	21.2	23	..	..	..	..	..
	Taiwan Province of China			..	93.7	52.2	94.5	..	12	1.08	2	..	77.7	0
	Vanuatu			..	..	62.7	..	0.0	29	1.07	..	44.0	..	0
Country groups and regions														
	Developed Countries	0.849		12.5	94.9	52.2	93.3	27.1	11.5	1.05	2.4	4.6	68.9	0.01
	Central & Eastern Europe & Central Asia	0.766		10.9	66.1	54.3	89.5	18.8	18.9	1.06	12.3	7.1	57.4	0.25
	East Asia & the Pacific	0.727		7.6	68.2	60.2	87.6	23.2	21.4	1.11	20.6	8.6	77.3	0.09
	Latin America & the Caribbean	0.728		7.7	52.2	51.2	78.7	27.7	13.9	1.05	8.6	7.8	34.1	0.45
	Middle East & North Africa	0.580		5.6	28.7	19.1	79.6	17.2	38.7	1.05	37.1	15.3	62.9	13.56
	South Asia	0.601		4.5	65.4	28.1	71.4	13.9	27.1	1.13	32.9	22.0	63.1	1.30
	Sub-Saharan Africa	0.651		4.4	34.7	66.7	66.3	23.1	25.2	1.02	15.6	21.1	48.0	1.40
	Fragile States	0.470		4.3	11.8	49.2	58.2	17.2	29.2	1.04	15.8	18.3	43.1	15.88
	Global	0.703		7.6	65.1	49.4	80.9	21.5	21.9	1.08	19.5	13.4	63.8	1.23

Figure 8: Country Performance and Ranking on the Women's Peace and Security Index

This research is designed to fill the gap between what exists and what is real by bringing the missing information to the surface (actual, incidental stories from victims/survivors of domestic violence) so that actions are taken to strengthen gender-based violence prevention and response and implementing laws and policies to reduce gender disparities.

By conveniently examining first-hand stories from the perspective of the victims/survivors (n=21), an analytical visual representation of the data collected is created to identify the emotional repercussions of abuse on the victim.



## **Problem Statement**

In a story shared on Deutsche Welle of 20-year-old Pakistani women named Shazia S. who describes the event of violence she experienced in her words, "He grabbed me firmly, shoving me against the wall and unleashing a barrage of kicks and slaps. Then he picked up a metal pipe and started hitting me mercilessly," (Khan, 2019).

Asma Aziz from Lahore was stripped naked, beaten, her head shaved, and then she was bound with a pipe and strung up on an overhead fan because she refused to dance for her husband. In the article published in BBC, she claims that her husband often inflicted pain onto her (Malik, 2019).

These are some of the published stories of domestic violence in a third-world country like Pakistan. Domestic violence is widespread across all classes, from lower to middle to high income families but the majority of the cases fall under the lower strata of the country (Usman, 2018). Domestic violence is considered by the Pakistani government, policy and law enforcing agencies as a private matter (Ali, Karmaliani, Khuwaja, Shah, Wadani, Aijaz, & Kulane, 2020). Even with the Domestic Violence (Prevention and Protection) Act that was passed in March 2013, till date the cases of domestic violence are underreported and, in most cases, not investigated (Asia Foundation, 2017).

Prevention + Men and Women Ending Gender-Based Violence showed that the federal and provincial laws in Pakistan with respect to the protection of women from harassment, domestic violence, or criminal act are officiated but very rarely implemented (2018).

---

<b>Federal Laws</b>	
•	Protection of Women (Criminal Laws Amendments) Act, 2006
•	Protection Against Harassment at the Workplace Act, 2010
•	Criminal Law (Amendment) Act, 2010
•	Criminal Law (Second Amendment) Act, 2011
•	Criminal Law (Third Amendment) Act, 2011
•	The Acid Control and Acid Crime Prevention Act, 2011
•	The Women in Distress and Detention Fund (Amendment) Act, 2011
•	Prevention of Anti-women Practices (Criminal Law Amendment) Act, 2011
•	Prevention and Control of Human Trafficking Ordinance, 2002
<b>Provincial Laws</b>	
<b>Balochistan</b>	
•	Balochistan Domestic Violence (Prevention and Protection) Act, 2014
•	Balochistan Protection against Harassment of Women at Workplace Act, 2016
<b>Khyber Pakhtunkhwa</b>	
•	Enforcement of Women Ownership Rights Act, 2012
•	Elimination of Custom of Ghag Act, 2013
<b>Punjab</b>	
•	Punjab Marriage Restraint (Amendment) Act, 2015
•	Punjab Protection of Violence Against Women Act, 2016
<b>Sindh</b>	
•	Sindh Prevention and Protection from Domestic Violence Act, 2013
•	Sindh Child Marriage Restraint Act, 2013
•	Sindh Hindu Marriage Act, 2016

**Figure 9: Federal and Provincial Laws Pertaining to Violence Against Women in Pakistan**

Women have no knowledge of laws for the protection of their rights (Human Rights Watch, 2019). One woman in a focused group interview held by Asia Foundation said, “There is no law for women like us. We are uneducated people and we don’t know anything about laws.

We cannot read newspapers—maybe we could have read them if we had an education. There is no facility to go outside, so where would we go for information?” (2017).

Another woman said, “A man is a man; he considers himself everything. Men don’t respect women. It’s their prerogative whether they want to take us anywhere; otherwise, a woman cannot go anywhere by her own will. There is no difference between our animals and us.” In response to asking men about the value of the women, one man responded, “We don’t seek the opinion of the woman, and even if she gives us some good advice, we ignore her, considering her less intelligent. After that, she feels she has no value in the household,” (Asia Foundation, 2017).

This research has played a significant part in contributing to the issue of domestic violence by providing first-hand accurate data to patterns of domestic violence along with being a catalyst in revealing the effects of the incidents on the wellbeing of the battered women of Pakistan.

### **Purpose Statement**

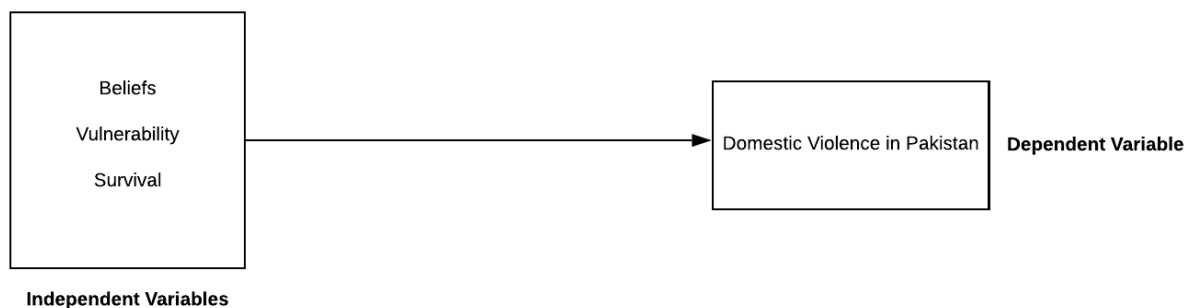
Domestic violence is a pattern of patriarchal hegemony (Rothe & Collins, 2020). In Pakistan, 70-90 % of women experience abuse from an intimate partner (Burki & Meher, 2020). The data quantifying the accurate scale of domestic violence is under-reported and undocumented (Burki & Meher, 2020). What would it look like if every intimate relationship that people have goes well, it would be an exciting world, is it not? However, in reality, it is not so, especially in Pakistan. “I was hit with a rolling pin by my husband,” “I was sexually abused by my brother-in-law,” are some of the stories of domestic abuse in Pakistan. The research paper is an effort to shine light on domestic violence from the perspective of the abused.

---

A mixed-method approach is conducted with quantitative and qualitative data analysis of  $n = 21$  stories from battered Pakistani women between the ages of 15-60 years using an online survey and focused group sessions. Random and purposeful sampling is used along with narrative research to collect first-hand experiences by the participants with the approved consent for this research study. The consent was structured based on Institutional Review Board (IRB) guidelines.

Qualitative data is analyzed, coded into categories using NVivo. Data gathered from UN Women, Aurat Foundation, Human Rights Commission of Pakistan etc. is analyzed using Python, R, and MS Excel. Pragmatic approach and transformative research strategy is applied to identify the correlation between domestic violence and the emotions associated with it.

The dependent variable is domestic violence while the independent variables are beliefs, vulnerability, and survival. The reason for choosing the dependent variable is because it is the central concept that is being affected by the independent variables, which are chosen based on the results generated from the qualitative analysis of the stories from the abused.



**Figure 10: Dependent and Independent Variables**

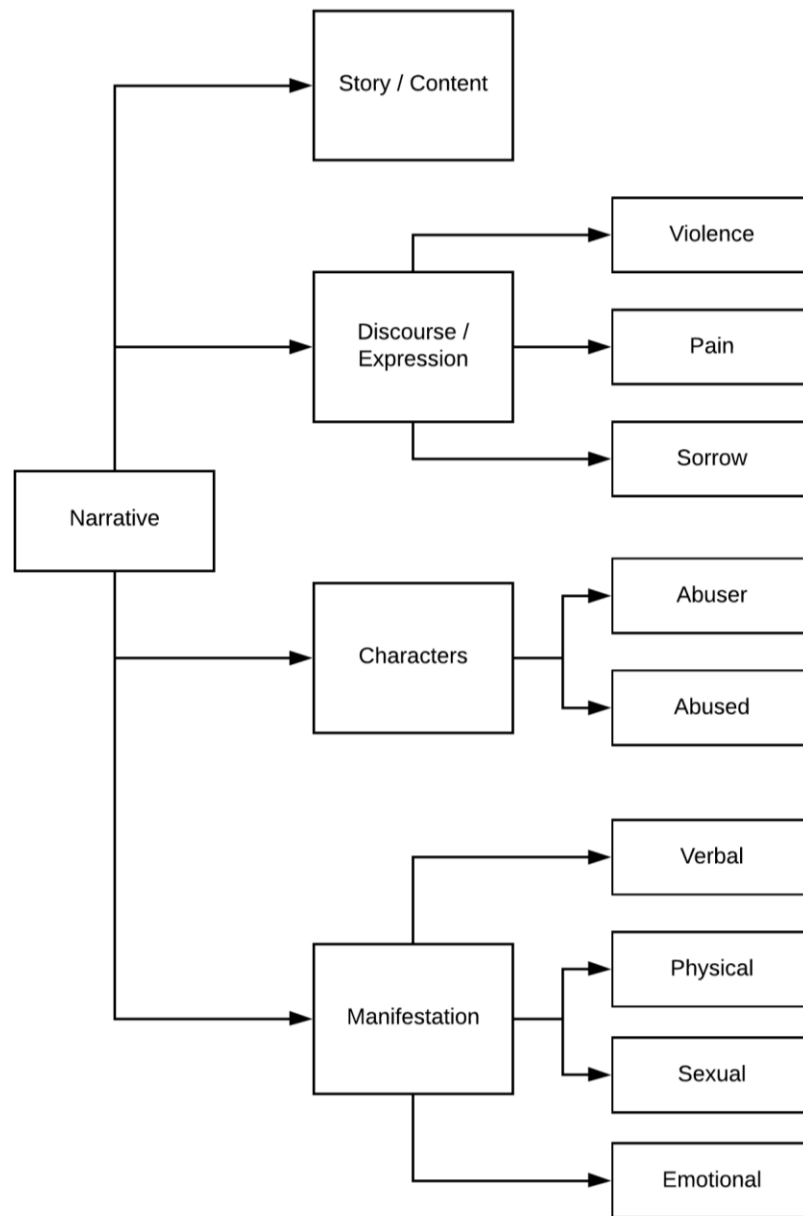
## **Research Questions and Objectives**

The objective of the research is to analyze two sets of data on domestic violence in Pakistan. The first set of data is quantitative, including the number of reported violence cases in Pakistan between 1990-2020 as well as the percent divide of different types of violence—physical, psychological, sexual, violence during pregnancy, and also those victims/survivors who did not seek.

The second set of data is qualitative comprising of first-hand stories of domestic violence from the victims/survivors in Pakistan collected to understand the effects of violence on their emotional wellbeing. The narratives are analyzed and broken down into cases using NVivo as described in Figure 11.

The first part of the analysis is the story/content or the ‘what’ that includes the chain of events that took place (actions and happenings) as well as the existents (characters and settings) derived from the stories. The second part of the qualitative research is the discourse or expression, in other words the ‘how’ of the story including the structure (form and substance of the expression).

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**Figure 11: Elements of Narrative Theory**

The questions and objectives of the study are listed below:

- 1. What theoretical construct explains domestic violence from the perspective of the participants?**

Numerous theories such as feminist theory, systems theory, patriarchy theory etc. have extensively been articulated, but no speculation is constituted from the viewpoint of the battered. The research proposes a theory to better comprehend the gravity of the situation from the perspective of the abused.

## **2. What have been the trends of domestic violence in Pakistan from 1990 to 2020?**

The available sets of data on domestic violence in Pakistan provides a vague representation of the trends from 1990-2020. It is revealed that the data is irregular, mismatched, and under-recorded, therefore an average of the cumulative data has been used for the quantitative analysis to provide a clean and clear visualization of the timeline of the reported cases of violence in Pakistan.

### **Hypothesis**

In order to achieve the research objectives, following hypothesis has been formulated:

*$H_0$  = Domestic violence does not result in the emotional deficiency of the abused.*

*$H_1$  = Domestic violence results in the emotional deficiency of the abused.*

### **Significance of Study**

There are qualifiable sources of literature available on feminism, activism, community advocacy, social justice, women empowerment, and an abundance of data to emphasize the dangers of domestic violence in Pakistan (Human Rights Commission of Pakistan, 2019). But there is a gap in which the voices of the oppressed and the abused is still unheard, their experiences are notably unhighlighted. Therefore, to fully understand the repercussions of domestic violence on their emotional wellbeing, this research has been conducted.

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In order to gather stories of violence in Pakistan, reference population is identified to seek a generalized study result amongst domestic violence survivors. Additionally, randomization technique is applied to get access to the stories.

Methodologically, data gathered with regard to violence is from the controlling assessment of men. More so, theories or conceptual frameworks are also based on male dominancy and power. There is no theory that provides a clear picture of the emotional repercussions of the abused, which is the core of this research.

## **Definition of Terms**

### **Domestic Violence**

Domestic violence is defined as an exercise of physical, psychological, and emotional violence (Soler, Vinayak, & Quadagno, 2000). In other words, it represents any type of force against a person with the intent of inflicting harm or exercising power and control over them (Flury, Nyberg, & Riecher-Rössler, 2010). The abuser is generally an intimate partner, husband, former intimate partner, family member, friend, or acquaintance.

The term “domestic violence” and “violence in the immediate social environment” are used synonymously and focus on violence between adults (Flury, Nyberg, & Riecher-Rössler, 2010). Domestic violence includes a series of events or a complex system of abuse (Johnson, 2008). Forms of violence differ between men and women (Chermack, Walton, Fuller, & Blow, 2001) as men’s violence is more severe and more likely to inflict severe injury while women are more likely to be killed by the current or former partner (Bagshaw & Chung, 2000).

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## Storytelling

Storytelling is all about sharing or reiterating an experience. It is also about communicating the right message at the right time with the right audience. Storytelling consists of five key elements, context, visual display, eliminating clutter, focused attention, designing the stories, and revealing the story (Knafllic, 2015). Teaching or learning through storytelling is a way to help interpret and understand other's experiences (Deniston-Trochta, 1998).

## Violence

World Health Organization defines violence as “the intentional use of physical force of power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation.” (WHO, 2020). There are three sub types of violence (Finkelhor, Turner, Hamby, & Ormrod, 2011):

- *Self-directed* violence in which the abuser and the abused are the same individual e.g. self-abuse or suicide.
  - *Interpersonal violence* refers to the violence between individuals e.g. intimate partner violence.
  - *Collective violence* refers to the violence committed by larger groups of individuals e.g. social, political, or economic related.
-

**Victim**

A victim is defined as a person who has suffered physical or emotional harm (Department of Justice, 2020). People are not inherently victims, but the status is conferred upon them with respect to social interaction (Leisenring, 2006).

**Survivor**

Survivor is a person who suffers from destructive or injurious, acute or chronic, emotional, mental, or physical victimization, derived from real or perceived threats or action and because of these circumstances suffers (Williamson, 2017).

**Ethical Considerations**

The research is conducted ethically and in compliance with the standards and guidelines presented by Institutional Review Board (IRB). The investigator has been certified by Collaborative Institution Training Initiative (CITI) Program to conduct human-subject research under the guidance of Dr. Stanley Nowji, Harrisburg University of Science and Technology. There were no probable risks for the participants in the research. The personal and private information was protected, and the confidentiality of the data has been maintained over the span of the research. A consent form was developed to take permission for the participant's contribution, which was voluntary and unpaid.

**Delimitations**

The delimitations or boundaries of the study were:

- *Geographic Region:* Consisting of women from Pakistan.
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- *Age Factor:* Participants who were between the ages of 15-60 years.
- *Experienced Violence:* Participants who have experienced domestic violence in their lifetime.
- *Cultural Boundary:* Participants living within patriarchal influence.
- *Research Questions:* Based on the ease of data collection from online databases for quantitative research.
- *Research Study:* Using a mixed method approach to understand the overview of the issue at hand.

### **Limitations**

The potential weaknesses or factors which were uncontrollable for this research study were:

- *Time:* The research was timebound as it started from May 2020 and ended by July 2020.
- *Online Study:* The survey and focused groups were conducted online due to the COVID-19 crisis limiting an in-person interaction for gathering data.

### **Literature Review**

Violence, domestication, women oppression, and subjugation have taken over the world, especially since the COVID-19 outbreak (UN Women, April 2020). There have been many cases of domestic violence, gender-disparity, exploitation, harassment, and inequality in many social circumstances all around the world for a long time, which have been recorded and much has been swept under the carpet (Violence Prevention Alliance, 2020). Emerging data shows that

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since the outbreak, violence against women and girls has intensified (Committee for the Coordination of Statistical Activities, 2020).

Feminism is a term used to extrapolate women's right in being an inferior individual of the society where men dominate authoritative positions (Marso, 2012). Numerous theories have been formulated, catering to feministic issues through women empowerment (Dominelli, 2002). Feminism has been idealized in countless forms starting from the 1960s women became aware of the pressures of patriarchy, sexism, and male dominance, which is why measures (such as organizing women empowerment groups etc.) were taken to control their hostile behavior (Freedman, 2002).

As indicated earlier, domestic violence in Pakistan is a family matter and is most commonly described as those that suffer at the hands of their male partner, in other words wife abused by the husband is the most common form of violence against women, for example beating, burning, and acid attacks (Naz & Malik, 2018). In American Medical Association, domestic violence is perceived as a pattern of physical, sexual, and psychological abuse by a person with whom the survivor has an intimate relationship (Berry, 2000). Domestic violence has been considered an emotional deteriorating factor for many women around the world (Sidibe, Campbell & Becker, 2006). In addition, it leads to internal injuries which consequently reduces a women's confidence as they decrease the desire to participate in life (Ali & Gavino, 2007). There is no single society that is free from such an evil (Ali & Gavino, 2007).

Since the 1970s, the feminist perspective has been one of the predominant theoretical models in the domestic violence field. This model is grounded in the principle that intimate partner violence is the result of male oppression of women within a patriarchal system in which

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men are the primary perpetrators of violence and women are the primary victims (McPhail, Busch, Kulkarni & Rice, 2007).

Every country has a unique set of factors contributing to the nature of domestic violence, such as social, political, religious, and existential considerations (Ely, Dulmus, & Wodarski, 2007). World Health Organization indicates that domestic violence is primarily a violation of women's right (WHO, 2020).

Many researchers have expressed their opinion about women equality and ways in which societies contributed towards its cause to recuperate from the illness or issues of gender inequality, lack of educational benefits, injustice towards wage right, and numerous other forms of biased measures taken towards women to ramify these concerns, which lead to diminish the worth of a woman in the society (Marso, 2012).

The underlying reason for the research is to bring to light the psychological and physiological factors, which result in the patriarchal attitude of the male gender alongside measuring the mental and emotional instability of the oppressed women. Taking control over someone else's existence without considering the psychosomatic repercussions is the propelling factor to initiate this research—to unravel the truth of a woman's existence in many ways, a journey toward finding answers to a puzzle that long started from the time humankind was first born.

## **Domestic Violence**

Domestic violence is considered a private family matter (Ali, Karmaliani, Khuwaja, Shah, Wadani, Aijaz, & Kulane, 2020). A story so painful that perfectly defines what domestic violence means is shared by a woman from Kabul, "My husband doesn't always beat me – but

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his attitude and the bad names he calls me is worse than if he stabs me with a sword. With this sense of fear, my whole body shakes, especially my hands and whatever is in my hand, falls down and breaks down. Then he gets so angry and beats me that why did I break glasses and household utensils. When I want to tell him that I didn't break things intentionally, my tongue gets paralyzed and I can't speak a word—it's all the fear, I think it's better to die once than dying every day," (Afghanistan Independent Human Rights Commission, 2010).

Domestic violence cases include severe beating, self-immolation, murder, rape, prevention of social activities (education or socializing), etc. According to WHO, domestic violence is the most hidden and often ignored even though it is the most prevalent form of violence against women (2020).

### **Domestic Violence in Pakistan**

By looking at the figures from the provincial perspective, by the end of 2019, 83,920 cases of violence against women in terms of honor-killing, acid attack, kidnapping, sexual assault, and rape were pending in Punjab High Court while the district judiciary pending cases stood a total of 177,880 in Pakistan. Just under 37,000 cases were pending at the Peshawar High Court with a backlog of 197,515 in the district courts in Pakistan. The shockingly high acquittal rates in cases of gender-based violence point to poor implementation of legislation and lack of effective prosecution (Human Rights Commission of Pakistan, 2019).

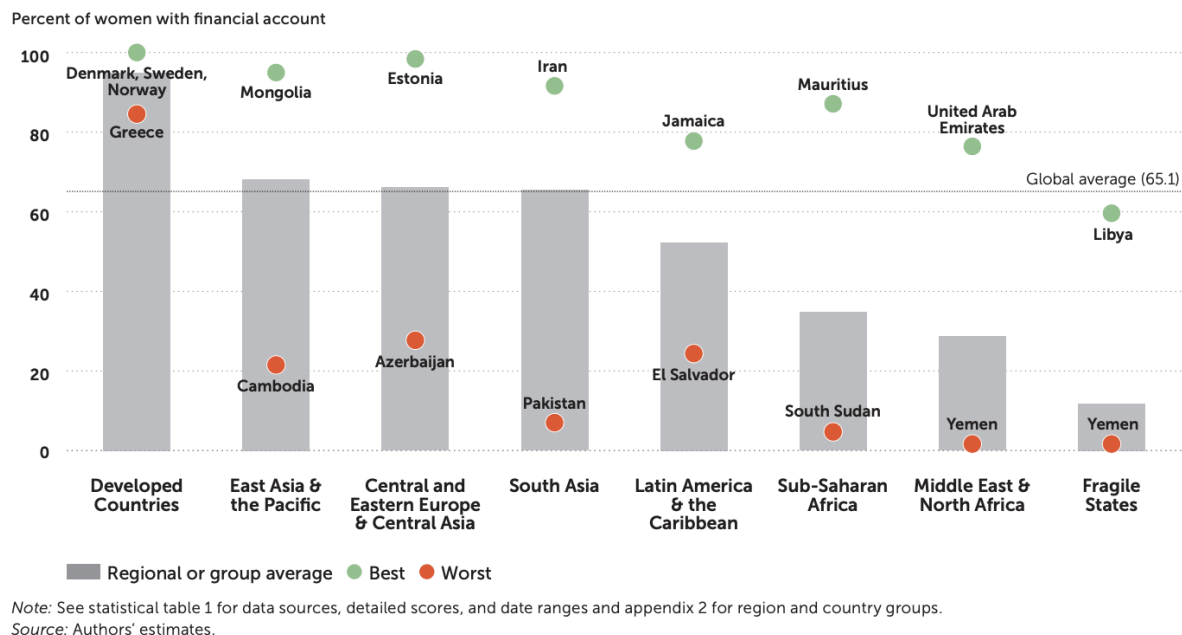
The Pakistani NGO, Aurat Foundation, reported that 778 women were killed in 2019, which is a 20% increase in cases of violence against women from 2018 (Human Rights Commission of Pakistan, 2019).

Violence against women is a global pandemic. Its impact can lead to severe injuries, depression, or in extreme cases death (WHO, 2020). There are numerous amounts of datasets

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from various sources that is available at the disposal with just a few clicks (Mukhtar, 2020).

These numbers broadcast the major crisis that Pakistan has witnessed based on gender. Pakistani women have always been considered as secondary to men and are far behind them in account ownership as indicated by WPS Index in Figure 12 (UN Global Dataset on Violence Against Women, 2020).



**Figure 12: Women's Financial Inclusion Differs Widely Across and Within Regions**

Their rights, social stature, representation in various industries is indicative to the rise of domestic violence during the current COVID-19 pandemic, which has exacerbated the already existing risks as the inequalities have widened. There is no official and accurate data on the number of incidents of domestic violence occurring across Pakistan during COVID-19 or in the last 10 years have been recorded (United Nations Office on Drugs and Crime, 2020). The existing minimal data provides a grim picture of the present history of what are the real statistics in domestic violence cases in the country.

Getting accurate data on gender disparities has been a challenging task for many countries, especially Pakistan (United Nations Office on Drugs and Crime, 2020). Around 90% of the women experienced domestic violence at the hands of their husbands with the most common forms of abuse of slapping, threatening, punching, and kicking (Human Rights Commission, 2019). The Ministry of Human Rights (2019), categorizes three incidences of violence as emotional with 25%, physical with 23%, and sexual with 5%. According to the Women Against Violence Act of 2016, there is no law to protect the survivors or victims of domestic violence in Pakistan (Hashmi, 2016).

### **Factor Affecting the Study**

Factors affecting the study are as follows:

- *Religion:* There is a misperception of women being forced to be domesticated under Islam, which is the main religion of Pakistan. Islam does not restrict women's education or empowerment to their freedom.
  - *Lack of Education:* In Pakistan the basic right of autonomy of women is suppressed by the partner as well as the society. Due to inadequate administrative measurements, majority of the women are not allowed to get an education or do outdoor activities. More so, this leads to being unaware of the types of abuse being inflicted on them hence limiting their access of reporting any type of abuse that they experience.
  - *Low Economic Status:* Men are the primary bread earners of the family while women are stay at home mothers or wives. Because of the expectation from men to be more economically productive and support the family, failure to do so brings frustration and as a result women face the consequences.
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- *Lack of Awareness of Laws, Rights, or Support from the Government:* There is a lack of understanding of the laws pertaining to women and their rights to justice overall in Pakistan.
- *Falsified Beliefs:* Beliefs that prevail in the country that the inherent superiority is by men and that women are prone to abuse by men to take their frustrations out.
- *Imbalanced Empowerment Issues:* Due to low education, women are not considered competent enough to participate in family affairs or decision making.
- *Patriarchy or Dominant Social Structure:* Men display a high rank in the society as the head of the family.

### **Review of Methodologies**

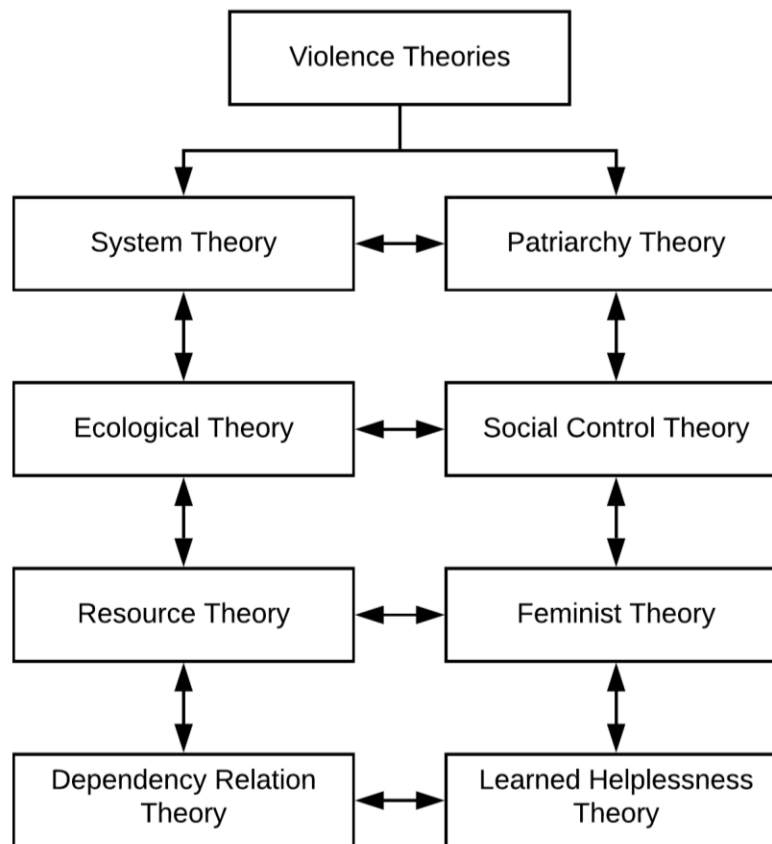
Methodologies used by the existing scholars have mostly used quantitative approach and the gap that exists is the use of qualitative analysis that this research is determined to use (Ashraf, Abrar-u-Haq, & Ashraf, 2017). Mostly researches are based on reported cases of violence against women which are limited or cases that have remained unresolved for many years (Asia Foundation, 2017). This relies heavily on the honor and view of the society as a whole in Pakistan (Ashraf, Abrar-u-Haq, & Ashraf, 2017). Therefore, the research is presented to understand the situation from the perspective of the women facing domestic violence and how it affects their emotional wellbeing.

### **Review of Theories Dependent on the Concept of Domestic Violence**

There are innumerable efforts taken to illustrate the compounding effects of domestic violence from the point of view of the abuser and its ramification in the political sphere.

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Following is a cumulative map of theories of violence based on multiple sources in the Journal of Human Behavior in the Social Environment that is described in subsequent paragraphs:



**Figure 13: Theories of Violence**

Based on Jennifer Lawson's article, Sociological Theories of Intimate Partner Violence (Lawson, 2012), feminist theory looks at intimate partner violence from a gender-informed lens as symmetrical because it encompasses the conceptual framework of patriarchal domination, whereas from family violence theorists' point of view by definition intimate partner violence is gender asymmetrical committed by men against women.

Violence theories are broken down into sub-categories that are co-dependent to each other (Continuing Education for Mental Health Professionals, 2019). System theory stipulates that each individual is viewed as part of the interactions and relationships in the family unit (Chester DS, 2018). This theory implies on the social construct, which contributes to the violent behavior such as overcrowded living conditions etc. Patriarchy theory infers that men hold the primary power, authority, and control, while women are subjugated and in subordination to men (Hamilton, 2013).

Ecological theory imposes a realization that the environment and relationships of the individual are essential to understanding violent behavior (Curling, 2008). Social control theory implies that when the bond between intimate partners/family members is weakened, acts of violence become the result of such relationship (Cardeli, Sideridis, Lincoln, Akdi, & Ellis, 2020). Hirchi posit that bonds are based on attachment, commitment, involvement, and belief. In Pakistan, men who are most likely to observe their parents attacking each other are three times likely to hit their own wives (Naz & Malik, 2018).

Resource theory proposes that family members with more resources traditionally command higher power and assure obedience and compliance, whereas those with less resources use violence to maintain power (Chikhungu, Amos, Kandala, & Palikadavath, 2019). Feminist theory have been significantly dominant that explains and emanates from the discipline of sociology. It postulates that violence against women is a result of the inferior position occupied by them in a social structure inherited from a traditional family system and that marital violence occurs from inequalities that exist in a marriage relationship (Chikhungu, Amos, Kandala, & Palikadavath, 2019).

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Dependency relation theory signifies that the victims of violence are often dependent on the abuser. Learned helplessness theory focuses on the fact that repeated violence leads to women's lack of motivation to respond as she lowers her self-esteem, becomes passive, and lowers her guard to any attempt in freeing herself from the toxic relationship (Bodner & Mikulincer, 1998).

### **Review of Frameworks Dependent on the Concept of Domestic Violence**

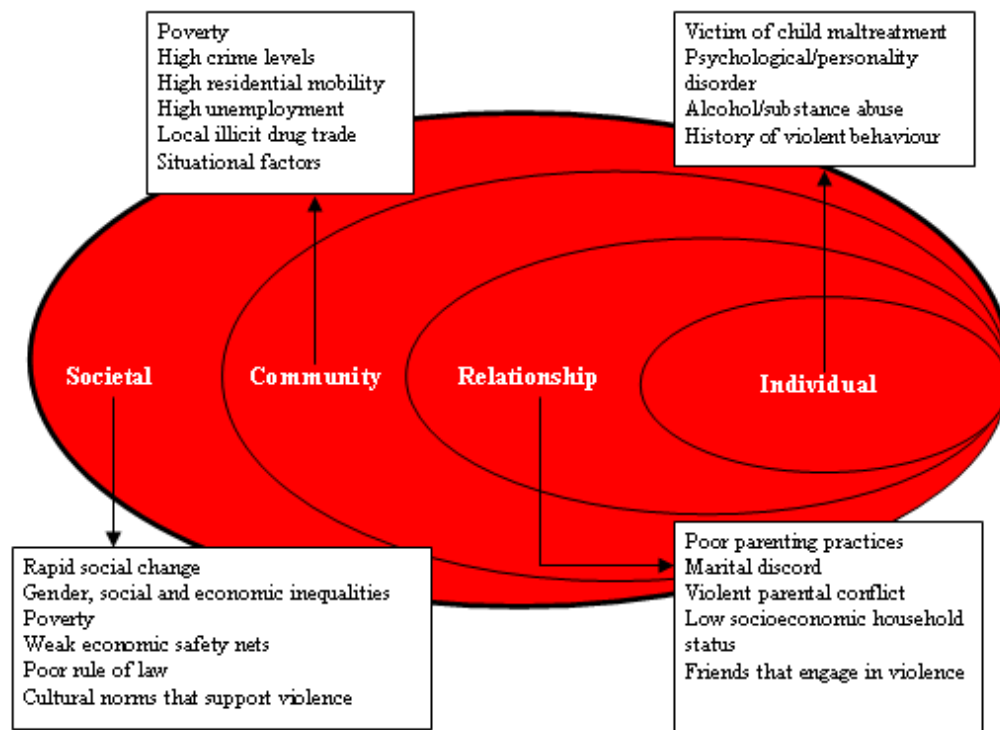
There are four significant frameworks that are key to this research:

- Ecological Framework
- Feminist Movement Framework
- Power and Control Wheel
- Cycle of Abuse

The ecological framework was formulated by American psychologist, Urie Bronfenbrenner that was adopted by Carson (1984) to the problem of domestic violence, which postulates the analysis of factors that simultaneously, independently, or interactively influence the perpetuity of domestic violence on women. The framework views interpersonal violence as the outcome of interaction among many factors at four levels—individual, relationship, community, and societal. On the individual level, personal history and biological factors influence how individuals behave and increase their likelihood of becoming victims or perpetrator of violence. Relationship with intimate partner also influences the risk of becoming a victim or perpetrator of violence. Community entails social relationships such as workplace, neighborhoods, etc. who influence violence, e.g. unemployment etc. On societal level, violence

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is encouraged by the socioeconomic inequalities between people, cultural norms who endorse violence as an acceptable method to resolve conflicts (Violence Prevention Alliance, 2020).



**Figure 14: The Ecological Framework**

The feminist movement framework address the issue of domestic violence since 1970. This framework implores the idea of gender inequities, women oppression, and injustice within patriarchal systems where men are the primary perpetrators of violence and women are the primary victims. Feminists are of the view that domestic violence is a social problem, which is employed by the state institutions (Dixon, 2014). The framework implores that violence is the result of historic and current power differentials that keep women subordinated, primarily

through the use of control, including physical, sexual, economic, and psychological abuse in addition to using tactics of intimidation and isolation (McPhail, Busch, Kulkarni, & Rice, 2007).

The power and control wheel as described by the National Center on Domestic and Sexual Violence identifies the methods used by abusive individual to exercise power and control over the partner (Domestic Abuse Intervention Project, 1984). The wheel helps to distinguish the types of abuse used by the abuser as well as pattern of intimidation and control in a relationship. It is very important to note that physical and sexual violence may not be a repeated act but when combined with economic control, emotional abuse, and male privilege, the abuser instills the threat of future violence attacks (Domestic Abuse Intervention Project, 1984).

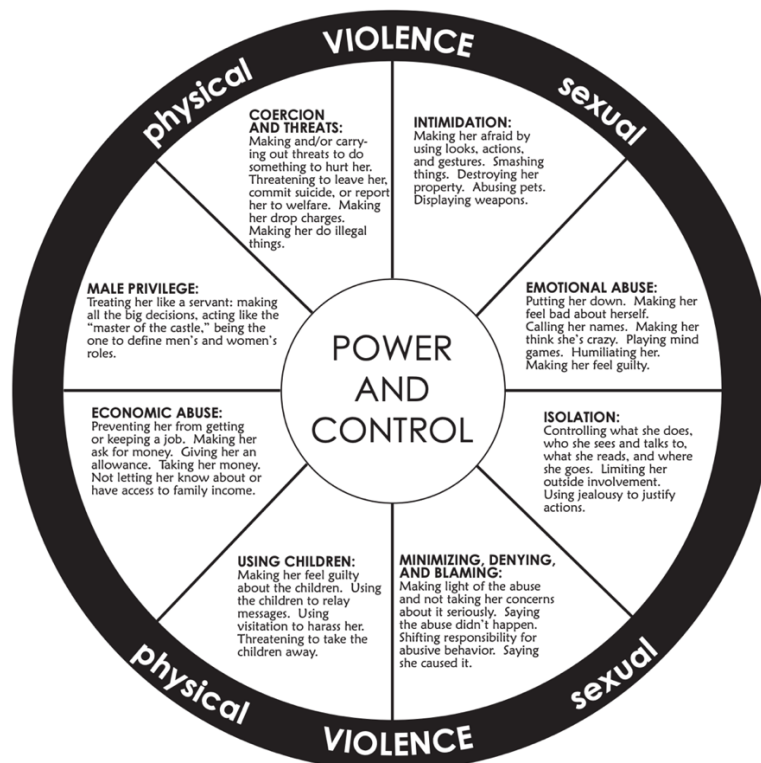


Figure 15: The Power and Control Wheel

The cycle of violence is a model developed to explain the complexity and co-existence of domestic abuse that falls into a common pattern or cycle of violence in which the abusive partner:

- Lashes out with aggressive, belittling, or violent behavior.
- Feels guilt after abusing the victim (not because of their actions). There is a sense of fear of being caught and facing consequences for their abusive behavior.
- Rationalizes that they have committed a crime and devices a string of excuses by blaming the victim for provoking them to avoid taking responsibility.
- Realizes his weakness and tries to regain control to ensure that the victim stays in the relationship.
- Fantasizes about repeating the abuse.
- Continues to justify their acts.

Hence the cycle continues in which the abuser apologizes and makes the victim believe they are helping them to change by staying with them.



**Figure 16: Cycle of Abuse**

## **Research Design and Methodology**

### **Research Worldview**

For the research, pragmatic approach is used to advocate or focus on practical and logical response to the trends of domestic violence in Pakistan. Pragmatic approach is based on individual decision making with respect to an actual real-world situation. Because it is a mixed method research, pragmatic approach is used to analyze the relationship between domestic violence and emotional wellbeing of the abused.

Using pragmatic approach for the research has supported in identifying the actionable consequences of domestic violence on women in Pakistan based on the data that is already existing in organizational databases such as UN Women, Aurat Foundation, Asia Foundation, etc. More so, the approach to pragmatism has helped to unearth the sentiments attached to being in a toxic relationship for the battered women and the consequences of the actions taken in those situations to realize the shared belief that domestic violence is acceptable in Pakistan.

The use of pragmatic approach has also supported in identifying multiple realities that are experienced by the victims or survivors of domestic abuse in Pakistan. More so, with respect to this research, the pragmatic philosophy encompassed the knowledge and beliefs that are socially constructed i.e. women are inferior and are subjugated to violence and oppression in Pakistan. Furthermore, providing meaning to the unjust experience and philosophies behind domestic violence are dependent factors that have been identified in this research. One of the more purposes in using the pragmatic approach was to create the knowledge in the interest of change and improvement for the women who have been through the devastating experience of violence on a continual basis.

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Pragmatism approach for this research was also used to identify how to maximize and enhance the wellbeing of the victims or survivors of domestic violence in Pakistan, to understand the relationship between the victims and their environments, and how to provide a solution. In all, pragmatism carried out the social problem-focused mission of identifying ways to reduce violence against women in Pakistan and share the in-person-environment perspective where women have ownership to their freedom.

### **Research Design**

Mixed method design is implemented, which includes analyzing both qualitative data and quantitative data. Qualitative data is heavily based on interpreting stories of abuse, trauma, and domestic violence from the perspective of the abused victims in Pakistan. Gathering of stories have been made through on online study and focused groups. Quantitative analysis is based on data collected from various authenticated sources such as Aurat Foundation, High Commission of Pakistan etc. on identified violence cases in Pakistan from 1990-2020. Data cleaning, coding, and presentation of data has been done by using Nvivo, Python, R, and MS Excel.

### **Research Strategy**

Transformative mixed method research strategy is used to identify the factors that lead to domestic violence from the perspective of the abused. It is used to combine qualitative and quantitative data collection, analysis, and interpretation. More so, it takes into account the viewpoint of the underrepresented abused victims of Pakistan.

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## **Method of Data Collection**

Quantitative data is collected from records archived from numerous sources with regard to violence in Pakistan from 1990-2020. In contrast, qualitative data is collected using an online survey to assemble stories of abuse, trauma, and domestic violence in Pakistan. Random and purposeful sampling has been used to collect these stories.

The quantitative data is obtained from the following sources:

1. Data2X, a gender data collection agency that impacts the lives of women and girls around the world.
2. Mendeley, an academic social networking platform offering resources on gender issues.
3. The DHS (Demographic and Health Survey) Program, a data collection agency that analyzes and disseminates accurate and representative data on population and health in over 90 countries.
4. UN Women, an entity dedicated to gender equality and women empowerment.
5. Aurat Foundation, a social justice driven non-profit organization in Pakistan.
6. Women's Action Forum, a social justice driven non-profit organization in Pakistan.

## **Method of Data Analysis**

Qualitative and quantitative analysis is completed. Nvivo is used to conduct a textual analysis of the qualitative data (stories). Quantitative analysis involves both descriptive and inferential analysis. Visualization of the descriptive analysis and inferential analysis is done using statistical tools such as Python, MS Excel, and R.

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## **Population & Sample**

The targeted population for this research is female contributors who have experienced domestic violence in Pakistan. The profiles of the victims/survivors of domestic violence include deprivation of a great emotional health (loss of self-worth, -confidence) due to lack of control over household and life's decisions, absence of economic empowerment, humiliation due to abuse in front of others, and threat of being hurt in the process of fighting back with the abused.

Random sampling technique is used to collect 21 stories from female participants who have experienced various forms of violence (physical, emotional, psychological, and sexual) across Pakistan through an online survey. The age range of the sample is 15-60 years. Their personal information such as name, address, email, etc. were not collected to maintain anonymity. Majority of the sample belonged to lower middle and lower social economic status.

## **Results**

The research has been completed in two parts with Part I that deals with the quantitative analysis to identify the trends of violence in Pakistan from 1990-2020 through aggregated data collected. Part II deals with the qualitative analysis to explore the various themes of domestic violence in Pakistan.

### **Presentation of Quantitative Design Results**

Quantitative analysis was completed for both, descriptive and inferential analysis. Descriptive analysis provides a summary of the aggregated data collected from various authentic sources, whereas inferential analysis provides the supportive argument to the descriptive analysis explained in detail below.

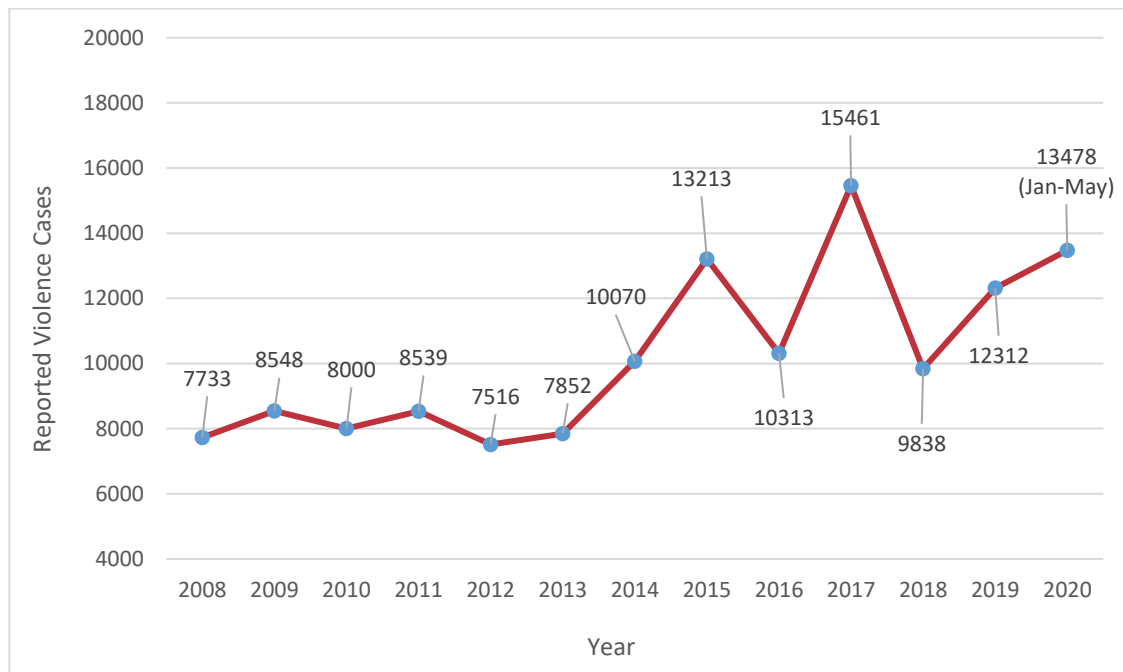
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### Results from Descriptive Analysis

The descriptive result from the aggregated data collected show that from 2008 to 2019, there were a total of 1,19,395 reported cases of domestic violence in Pakistan. The average was approximately is 9,950 ( $\mu = 9,950$ ;  $n = 12$ ) cases per year. The standard deviation was approximately 2,518 reported cases of domestic violence. Every year there were  $9,950 \pm 2,518$  reported cases of domestic violence. The minimum number of reported cases of domestic violence for per year were 7,516 and the maximum were 15,461 in Pakistan.

Reported Domestic Violence Cases in Pakistan from 2008-2019	
Mean	9949.58
Standard Error	726.95
Median	9193.00
Mode	None
Standard Deviation	2518.23
Sample Variance	6341465.36
Kurtosis	0.54
Skewness	1.15
Range	7945.00
Minimum	7516.00
Maximum	15461.00
Sum	119395.00
Count	12.00
Largest (1)	15461.00
Smallest (1)	7516.00
Confidence Level (95.0%)	1600.00

**Table 1: Descriptive Analysis of Domestic Violence in Pakistan from 2008-2019**



**Figure 17: Timeline of Reported Domestic Violence from 2008-2020 in Pakistan**

Figure 17 shows that there has been an increase in domestic violence from 2008 to 2019, which is 7,733 in 2008 and 12,312 in 2019 in Pakistan. With the recent reports from Urdu Point/Pakistan Point News (June 2020), the number of reported cases of domestic violence in the first five months of 2020 (January-May) has been 13,478 in Pakistan. As seen in the figure, there was a bump in 2015 and 2017 and a drop in 2016 and 2018. There has been an astronomical increase from 2008 to 2019, which is calculated to be 97%. There might be a need to study the reasons for the increase specially with regards to COVID-19 in 2020.

Figure 18 shows that the percent increase of reported violence cases across Pakistan from 2008-2019 with a 33% increase in 2016-17 and a decrease of 57% in 2017-18. In-depth research needs to be conducted to identify the reasons between the increase and decrease of the reported cases during those two time periods.

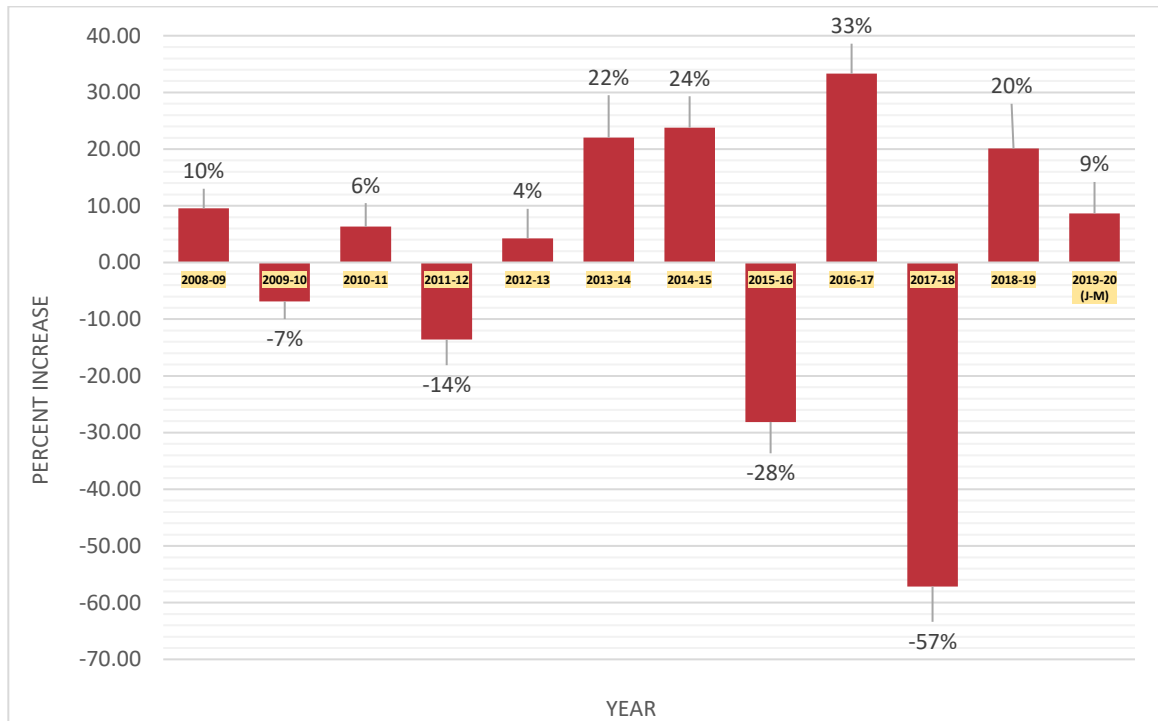


Figure 18: Percentage Increase of Reported Domestic Violence Cases in Pakistan from 2008-2019

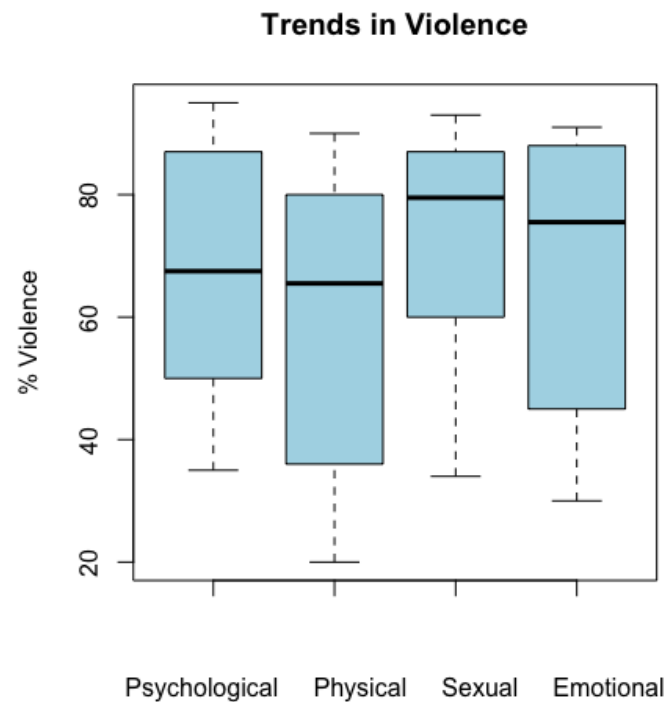


Figure 19: Trends in Violence in Pakistan

By performing normality check of the trends of violence, the above boxplot was generated to show that there is a significant higher correlation between the rise of violence with respect to the different types of abuse, namely physical psychological, sexual, and emotional.

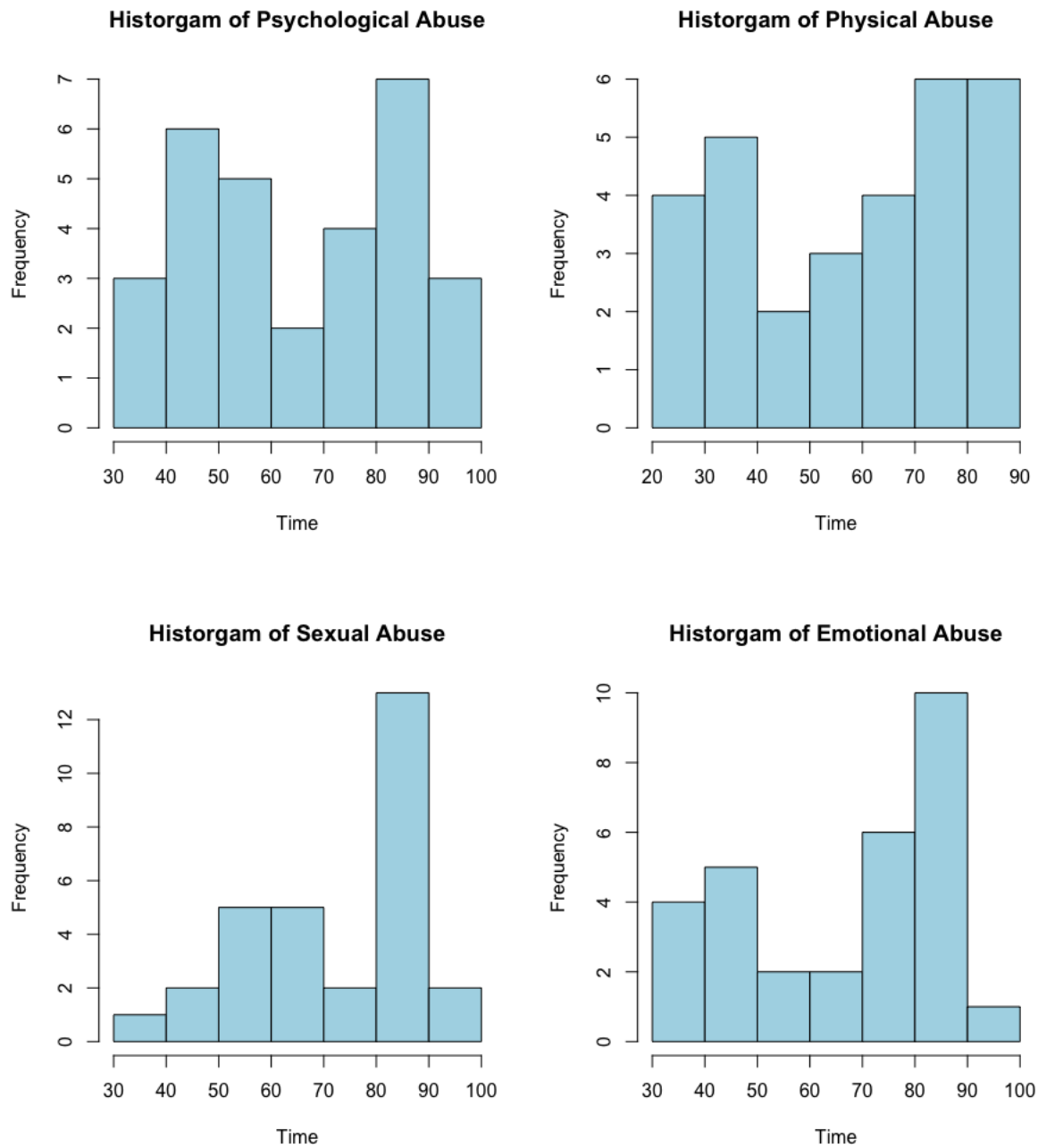


Figure 20: Histograms

Figure 20 illustrates the frequency of the various types of abuse—physical, psychological, emotional, and sexual—based on the aggregated data collected on domestic violence in Pakistan from 1990-2020.

### **Results from Inferential Analysis.**

Because the mean is greater than median, the skewness is to the right in the descriptive analysis which is why Spearman's correlation is used to identify the non-parametric measure of association between domestic violence and the emotional impairment of the abused in Pakistan.

The correlation is denoted as  $\rho_s$  and the constrained as:

$$-1 \leq \rho_s \leq 1$$

By testing the null hypothesis,  $H_0$ : domestic violence does not result in the emotional deficiency of the abused, against the alternative hypothesis,  $H_1$ : domestic violence results in the emotional deficiency of the abused, the test can be expressed as:

$$H_0 : \rho_s = 0$$

$$H_1 : \rho_s \neq 0$$

By using R and running the Spearman's correlation, the resulting p-value of 0.0001557 and  $\rho_s$  value of 0.6365664 denotes a strong, positive monotonical correlation between domestic violence and the emotional deficiency of the abused, concluding in the rejection of the null hypothesis.

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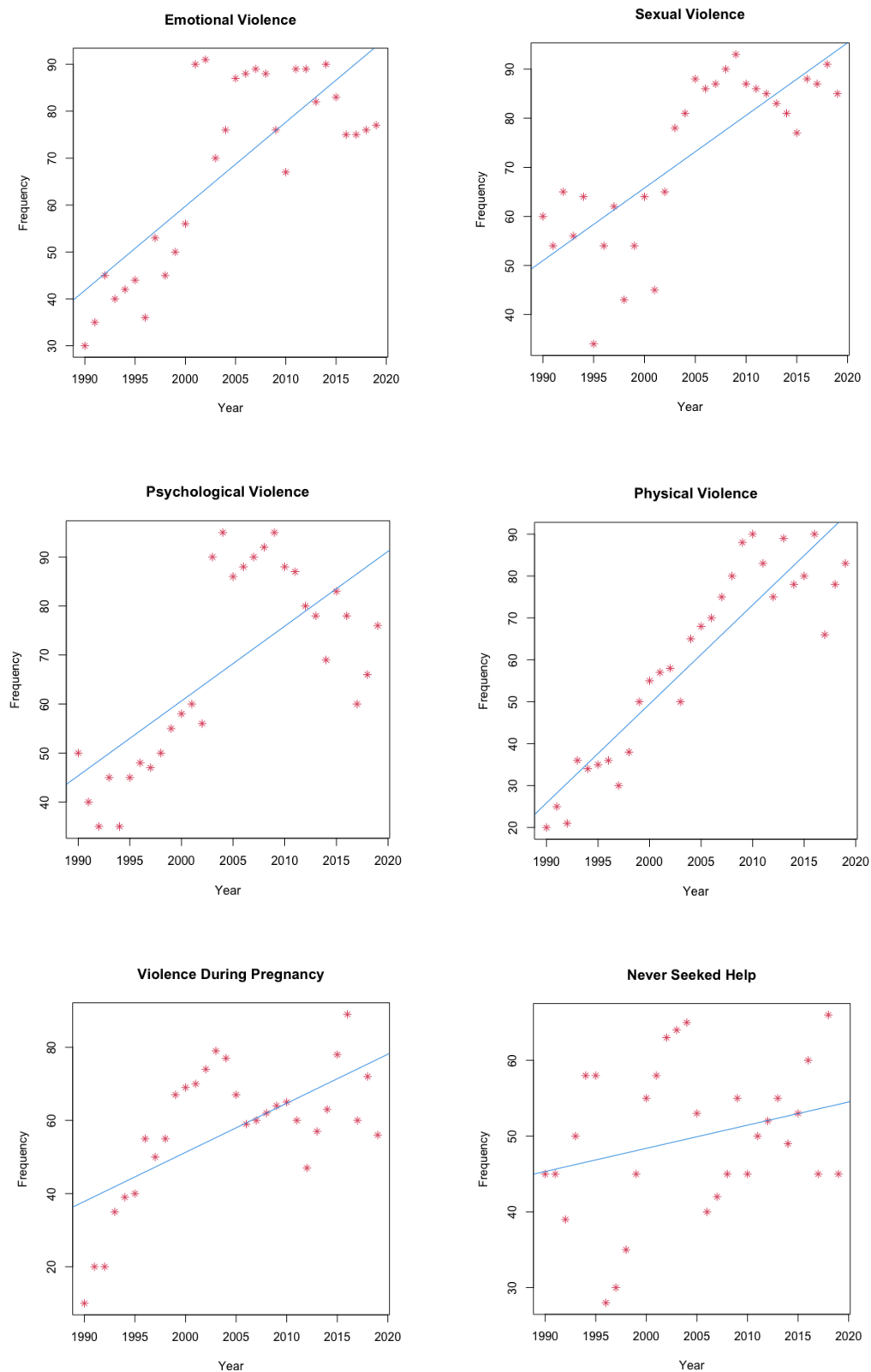
```
> #Spearman's Correlation
> cor.test(Thesis$Emo, Thesis$Psy, method="spearman", exact=F)
```

Spearman's rank correlation rho

```
data: Thesis$Emo and Thesis$Psy
S = 1633.6, p-value = 0.0001557
alternative hypothesis: true rho is not equal to 0
sample estimates:
rho
0.6365664
```

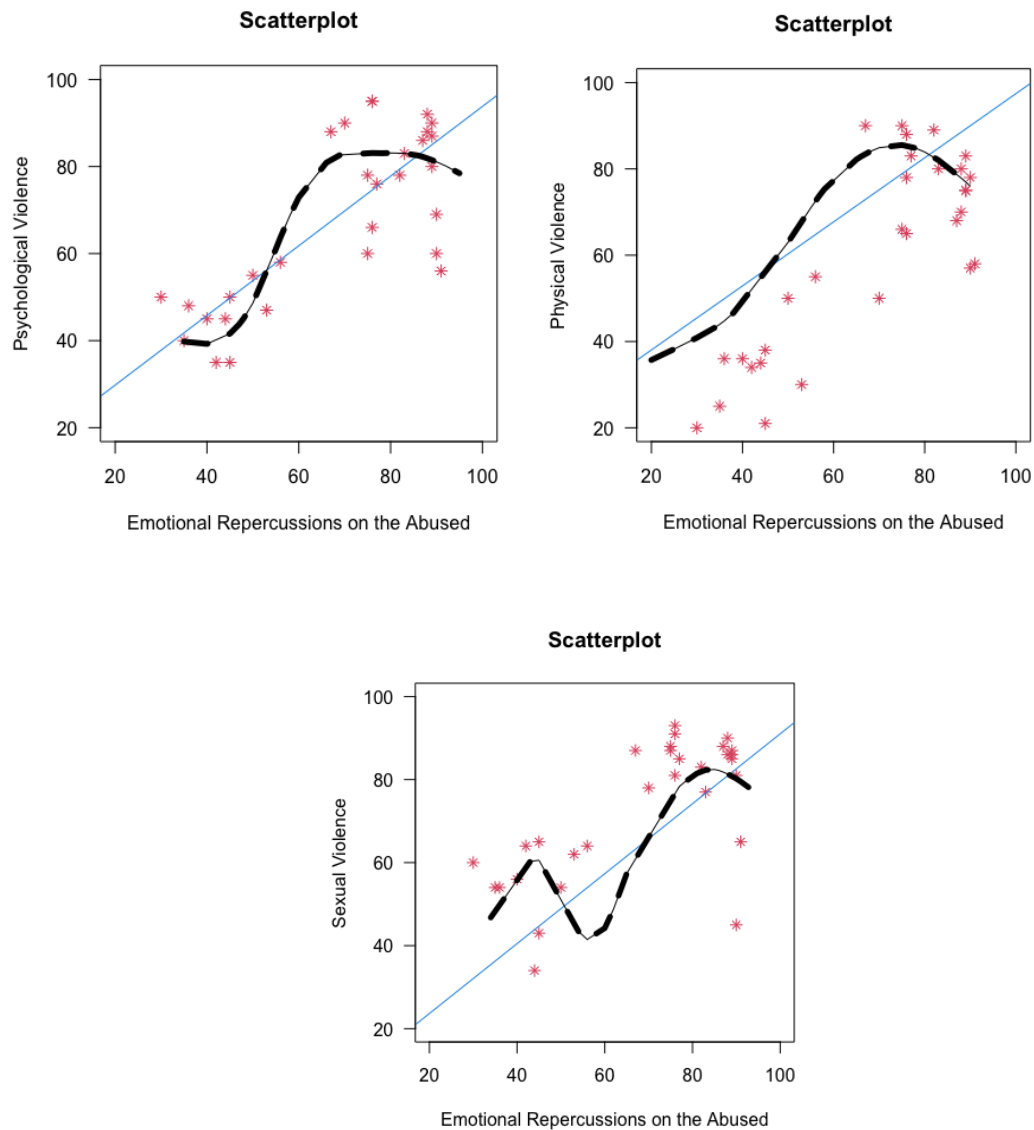
	Phy	Emo	Psy	Sex
1	20	30	50	60
2	25	35	40	54
3	21	45	35	65
4	36	40	45	56
5	34	42	35	64
6	35	44	45	34
7	36	36	48	54
8	30	53	47	62
9	38	45	50	43
10	50	50	55	54
11	55	56	58	64
12	57	90	60	45
13	58	91	56	65
14	50	70	90	78
15	65	76	95	81
16	68	87	86	88
17	70	88	88	86
18	75	89	90	87
19	80	88	92	90
20	88	76	95	93
21	90	67	88	87
22	83	89	87	86
23	75	89	80	85
24	89	82	78	83
25	78	90	69	81
26	80	83	83	77
27	90	75	78	88
28	66	75	60	87
29	78	76	66	91
30	83	77	76	85

**Figure 21: Spearman's Correlation**

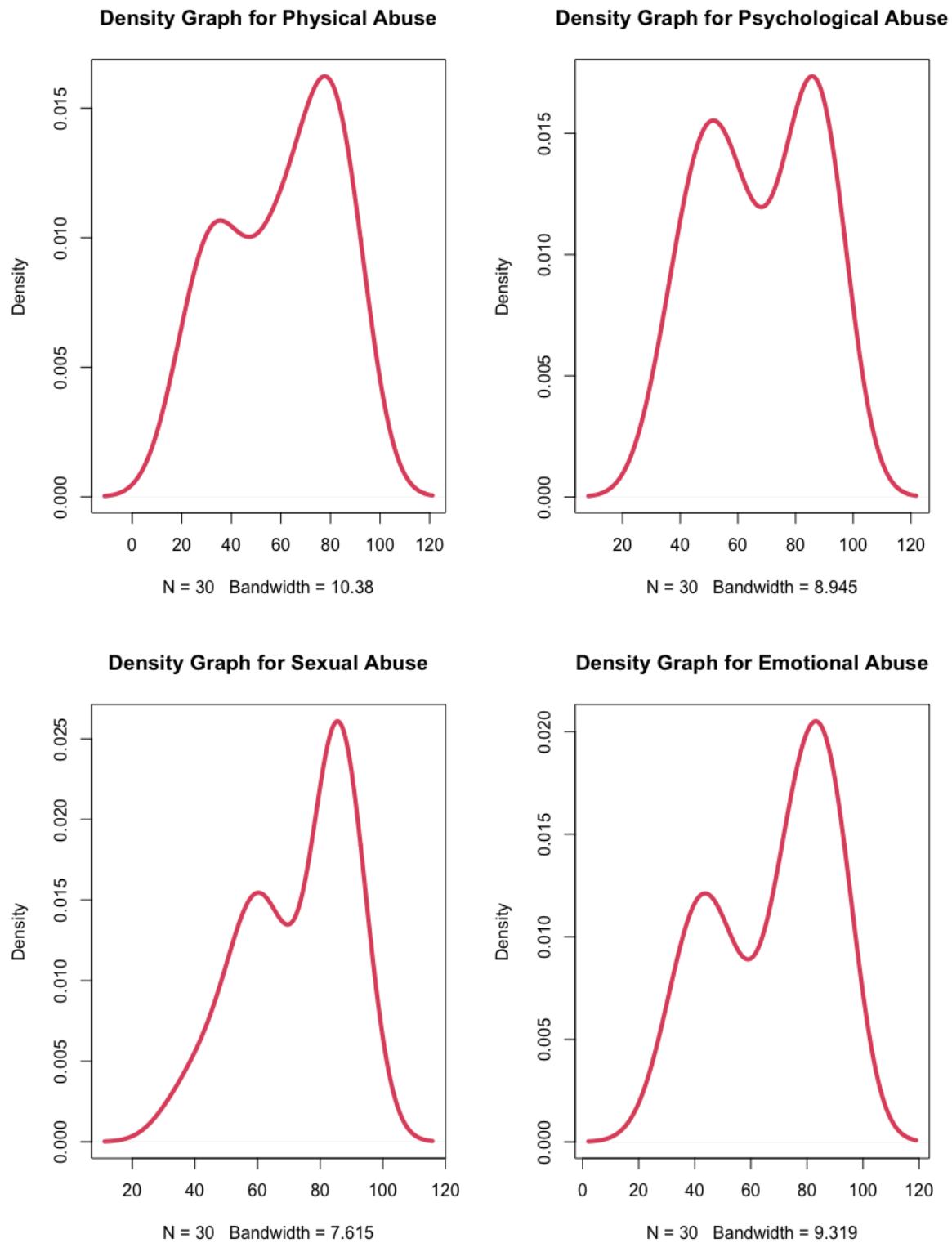


**Figure 22: Trends of Different Types of Violence in Pakistan from 1990-2020 (January-May)**

In addition to the Spearman's correlation, Figure 22 represents a strong and linear correlation between the increase of physical, psychological, sexual, and emotional violence over the years, a steep correlation between violence during pregnancy and a close to flat correlation for the domestic violence victims who never sought help during that time period.



**Figure 23: Scatterplots for Depicting the Correlation Between Dependent and Independent Variables**



**Figure 24: Density Graphs for Different Types of Violence**

By taking into account the relationship between psychological, physical, and sexual abuse on the emotional wellbeing of the abused, multiple linear regression was applied to model as displayed in Figure 22 showing a significant correlation between them. In addition, correlation between physical and emotional abuse was calculated to be 0.826, psychological and emotional abuse was 0.768, and sexual and emotional abuse was 0.688 as shown in Figure 23.

**Intelligent Tools Used.** The intelligent tool used for descriptive and inferential analysis of the quantitative data are MS Excel, Python, and R.

## Presentation of Qualitative Design Results

### Design Framework

Data Type	Units	Variables / Attributes	Themes
- Survey - Focused Groups	People (survivor/victims of abuse)	- Gender - Place of abuse - Age	- Sentimental/attitudinal - Symbolic representation

**Table 2: Design Framework**

By using NVivo, thematic analysis was conducted of all the stories which were submitted via the online survey and focused group sessions to ensure methodological decisions were made to devise a theoretical framework for this research.

Data analysis methods such as content analysis (top-down) and grounded theory (bottom-up) were performed in the process. Autocode was used to create cases for each respondent and classifying closed-ended questions. Once cases were classified, attributes were given to create categories of the various components of the responses which were received.

## Concepts

Following concept have been articulated from the qualitative data (n = 21 stories of domestic abuse from the survivors or victims of abuse):

Warmth of home, empath, support, despondency, apology, listening.

Surrender, endure pain, dejection, avoidance, to make better terms, sympathy, take the blame, tolerate, threatened, competition, over-compromise, no control.

Did not serve food on time/Ate food before him, get annoyed of listening and talking, being lazy, unappreciative of his favors, lack of respect, talk back, blame/fault, must apologize, heated argument, gaslighting, threaten, doubting commitment toward the relationship, disbelieving.

Cover the scars, ashamed to talk, humiliated, berated, battered, delusional.

Stepped in between to save my mother/daughter/child, did not want the child to get hurt, helped.

Resettlement, to stay together because of kids, if I can fix that, safety of self and kids, divorce tag.

Alcohol withdrawal, divorce, abort the baby, give baby up for adoption.

Fainted, wounds started to bleed, bruised body and face, body stiffening, seizures/blackouts, swollen jaw, could not eat for weeks, pain went under my skin, mentally and emotionally affected, terrified with the thought of being attacked, commit suicide, healed, heard to trust, wish someone was there to listen, still live in the hellhole, enduring pain, never fades away.

Mother, brother-in-law, family, mother, parents, fiends, brothers, sisters-in-law, father, elder sister, police.

Pay for tuition (self or kids), to go abroad, await his mercy.

**Table 3: Concepts Derived from the Qualitative Data**

### Categories

By breaking down the qualitative concepts from Table 4, following categories have been arranged:

Categories
Dependency
Learned helplessness
Savior Complex
Shame
Triggers
Bystanders
Aftermath
Preventive Measures
Longing
Reconciliation

**Table 4: Categories Derived from the Qualitative Data**

### Themes

By further analyzing Table 5, following themes have been formulated:

Themes
Vulnerability
Beliefs
Survival

**Table 5: Themes Derived from the Qualitative Data**

### Triangulated Themes

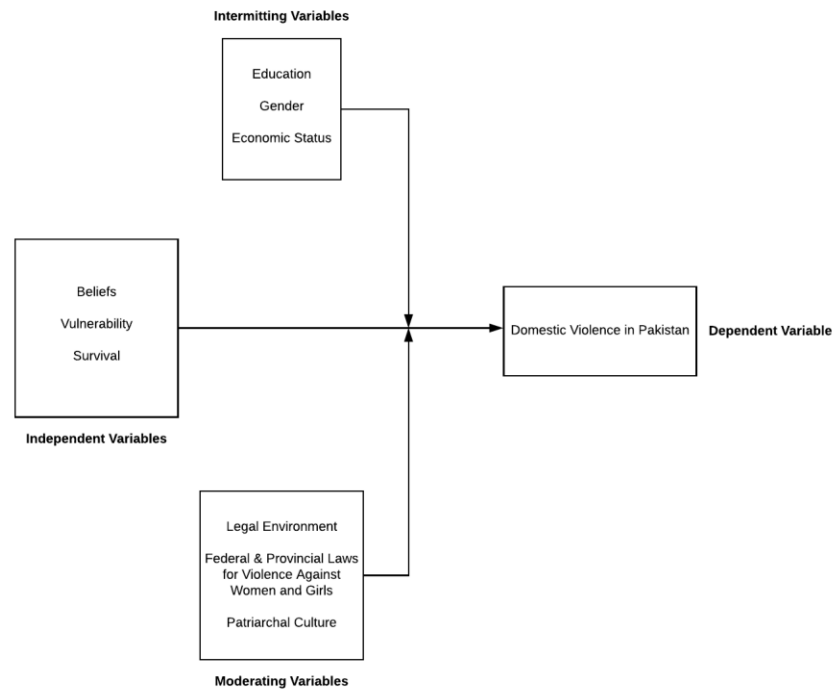
Upon further investigation, following table has been created to triangulate the themes for the qualitative data:

Concepts	Categories	Themes
Pay for tuition (self or kids), to go abroad, await his mercy.	Dependency	Vulnerability
Surrender, endure pain, dejection, avoidance, to make better terms, sympathy, take the blame, tolerate, threatened, competition, over-compromise, no control.	Learned helplessness	
Stepped in between to save my mother/daughter/child, did not want the child to get hurt, helped.	Savior Complex	
Cover the scars, ashamed to talk, humiliated, berated, battered, delusional.	Shame	Beliefs
Did not serve food on time/Ate food before him, get annoyed of listening and talking, being lazy, unappreciative of his favors, lack of respect, talk back, blame/fault, must apologize, heated argument, gaslighting, threaten, doubting commitment toward the relationship, disbelieving.	Triggers	
Mother, brother-in-law, family, mother, parents, fiends, brothers, sisters-in-law, father, elder sister, police.	Bystanders	
Fainted, wounds started to bleed, bruised body and face, body stiffening, seizures/blackouts, swollen jaw, could not eat for weeks, pain went under my skin, mentally and emotionally affected, terrified with the thought of being attacked, commit suicide, healed, heard to trust, wish someone was there to listen, still live in the hellhole, enduring pain, never fades away.	Aftermath	Survival
Alcohol withdrawal, divorce, abort the baby, give baby up for adoption.	Preventive Measures	
Warmth of home, empath, support, despondency, apology, listening.	Longing	
Resettlement, to stay together because of kids, if I can fix that, safety of self and kids, divorce tag.	Reconciliation	

**Table 6: Cumulative Table of the Qualitative Data**



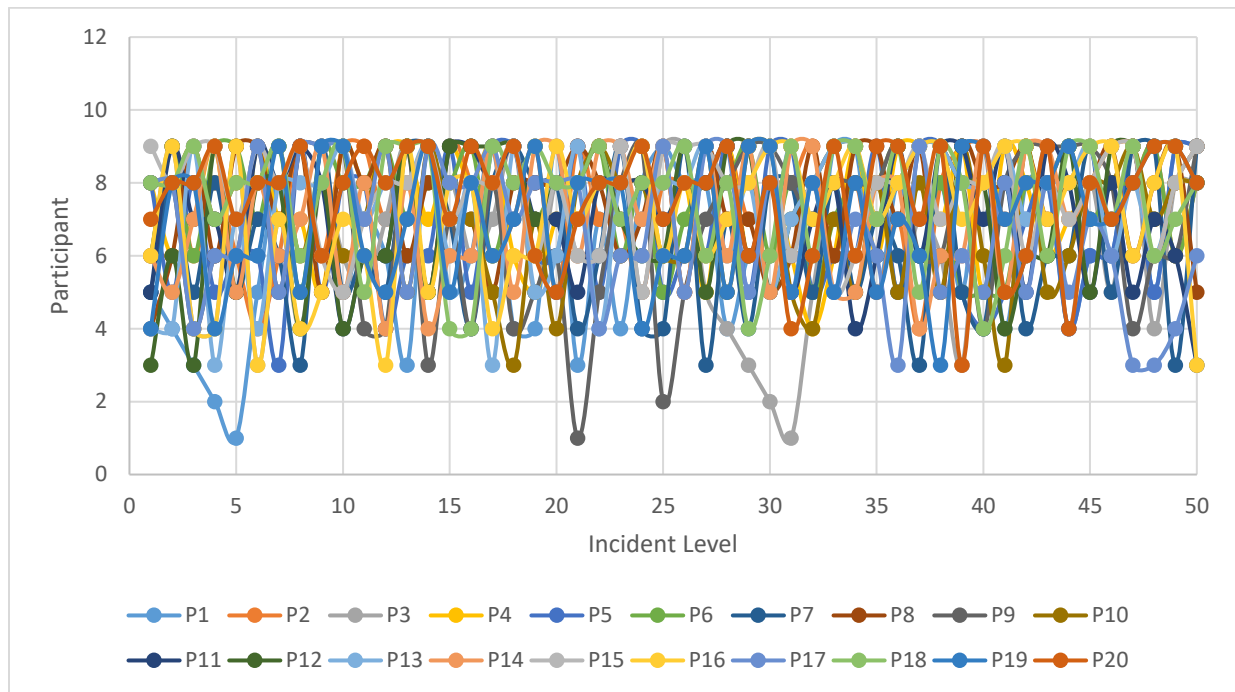
Table 6 shows the three broad themes that have been derived from the qualitative data collected from  $n = 21$  stories from the victims or survivors of abuse residing or originally from Pakistan.



**Figure 25: Triangulated Themes Derived from the Qualitative Data**

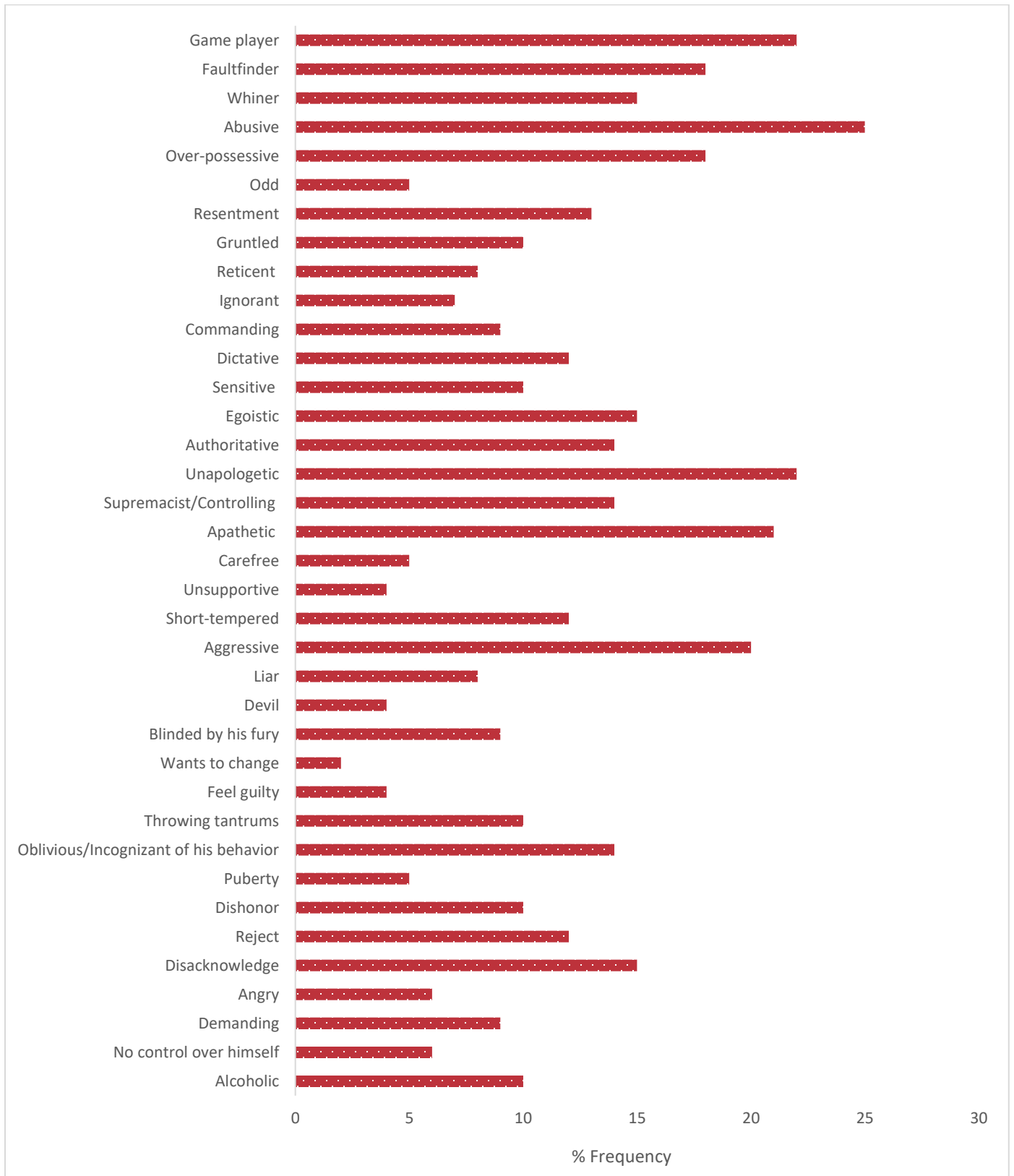
Figure 25 concludes that if any of the independent variable increases i.e. vulnerability, beliefs, or survival for the abused, the dependent variable i.e. domestic violence is bound to increase as supported by the Spearman's correlation as well. More so, the intermitting variables such as education level of the abused, gender, and economic status play a significant role in reinforcing this correlation, whereas the moderating variables such as the legal environment, federal and provincial laws pertaining to violence against women and girls in Pakistan as well as the patriarchal culture all provoke the systemic increase of domestic violence in Pakistan as shown in the quantitative data analysis.

Figure 26 exhibits the Incident Log of 21 victims or survivors of domestic violence from Pakistan who retained a record of 50 violence episodes that occurred with them during the course of this study by marking the intensity level of violence between 0 (least) to 10 (highest). The result showed that the bulk of the violence intensity varied between the range of 5-9.

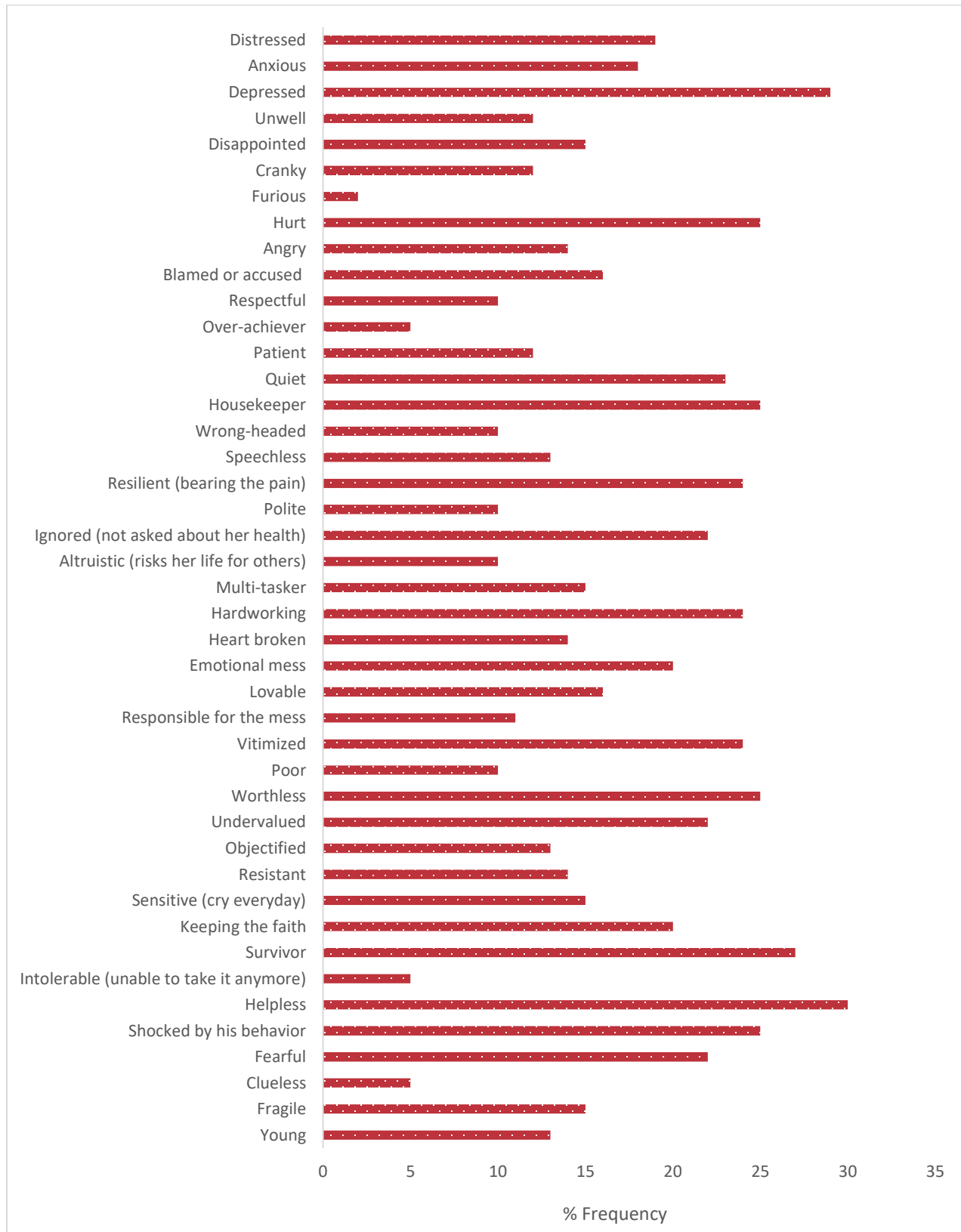


**Figure 26: Incidental Log of n=21 Victims/Survivors of Abuse**

The following two graphs have been assembled to characterize the personality of the abuser and the abused based on the qualitative data collected. The main highlighted personality traits of the abuser have been abusive, game player, apathetic, aggressive, and unapologetic. Whereas for the abused, they are fearful, survivor, undervalued, considered worthless, shocked by the behavior of the abuser, hardworking, ignored, resilient, housekeeper, quiet, hurtful, and depressed.



**Figure 27: Characteristics of the Abuser**



**Figure 28: Characteristics of the Abused**

## Discussion of Results

The present study aimed at exploring the effects of different types of violence on the mental well-being of the abused. The study data was analyzed both quantitatively and qualitatively.

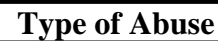
The data (stories) from 21 survivors or victims of different forms of violence—physical, psychological, sexual—was analyzed to explore the emotional impairment of the abused. The significance between the types of violence was calculated using Spearman's correlation and multi-linear regression as mentioned in above section. Findings indicate that different forms of violence, indeed, cause emotional deficiency on the abused.

After conducting the qualitative analysis, the data was further analyzed quantitatively to find out the profound variables which provoke the occurrence of domestic violence as well as to explore the major psychological problems which were frequently faced by the victims or survivors of domestic violence. The qualitative data was obtained through structured online survey with closed-ended questions from the survivors or victims of abuse residing in Pakistan.

The results of qualitative data revealed that the profound variables which played a crucial role in provoking the prevalence rate of the types of violence are Triggers (42%), Dependency (55%), Learned Helplessness (68%), and Husband's Addiction to Alcohol (30%). The findings also revealed that the major psychological problems faced by the sufferers of abuse are low self-esteem, dejection, illiteracy, feelings of powerlessness, worthlessness, depression, and post-traumatic stress disorder.

By using NVivo, frequent use of words was identified to create generalized concepts such as:

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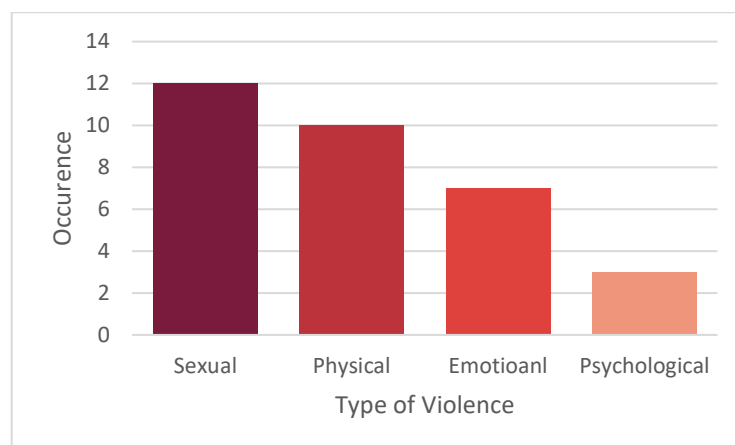


### Figure 29: Word Clouds

The findings also shined light on the fact that there are five phases of abuse that the battered go through:

1. **Phase 1:** Going through the abuse (not knowing what is happening, ashamed, angry)
2. **Phase 2:** Processes of getting out of the situation (where's the nearest shelter, what are the exit buttons, what are the legal hiccups)
3. **Phase 3:** How to get cheapest help (how to save my life)
4. **Phase 4:** How will I survive without being beaten, getting raped, or killed
5. **Phase 5:** Helping others who have been through the experience as me

The findings of quantitative analysis showed that physical and sexual violence are the most that impair the psychological wellbeing of the abused.



**Figure 30: Impact of Violence from 1990-2020**

The results from Spearman's correlation reveal significant monotonic relationship between domestic violence and the emotional impairment of the abused which can also be supported by Figure 23 depiction of the strong and linear correlation between the increase of physical, psychological, sexual violence on the emotional well-being of the abused. These

findings are also in line with the outcomes of another study which concluded that among women who reported being beaten by their husbands (80%) had also experienced violence by their in-laws (60%) (Naz, 2018).

Additionally, economic dependency has also been highlighted by the victims such that the abuser sabotages the independence and rights of the abused. Women's illiteracy is also an importance cause of domestic violence. The findings also reveal that women avoid protesting against the violent acts of their husbands because they have inadequate knowledge about their basic rights and are embarrassed to ask for help. In addition, 80% of the participants revealed that they are emotionally dependent on the abused, whereas 95% of them identified to be dependent on the abuser financially.

On the basis of the results, it can be accurately said that conflicts and disputes lead to provoking the man to hit his wife, more so in front of the bystanders (in-laws, family members, children) who are reluctant or unfamiliar in helping the victim(s).

As shown in Figure 29, when asked about the superpower that keeps the victims or survivors of abuse going, majority of them identified willpower (30%), determination (33%), forgiveness (39%), and patience (40%). It is a perfect segway into the concept of learned helplessness, which enunciates that the victim or survivor has no control over their life, gives up easily, and accepts their fate. There is a famous phenomenon coined by Sigmund Freud, repetition-compulsion, which theorizes the human tendency of destruction, a compulsion to repeat past experiences, in other words an unconscious repetition in the transference of childhood experiences regulated by control (Hess & Thibault, 2009). Such a phenomenon is key to the characteristics of the abuser as showed in Figure 27, highlighting the main traits of the abuser to be abusive, game player, apathetic, aggressive, and unapologetic. Whereas for the abused, they

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are fearful, survivor, undervalued, considered worthless, shocked by the behavior of the abuser, hardworking, ignored, resilient, housekeeper, quiet, hurtful, and depressed.

Upon further investigation, it is discovered that the cycle of self-emotional abuse for the victim includes rage (20%), enmeshment (30%), rejection (33%), neglect (21%), and extreme overprotection (of self and/or dependent) (34%).

By keeping the above results in mind, it is rightly presumed that physical, sexual, and psychological abuse do lead to an imbalanced emotional deterioration causing a long-term damage to the self-esteem and confidence of the abused. Based on the quantitative results, the null hypothesis has been rejected. And based on the qualitative results, a theoretical framework has been modelled to support the alternative hypothesis.

### Theoretical Construct

By taking into consideration the qualitative and quantitative analysis, *Wheel of Domestic Violence in Pakistan* is created:

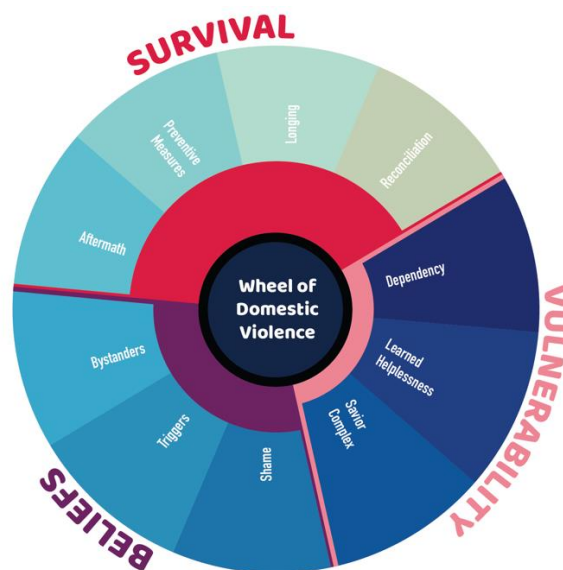


Figure 31: Wheel of Domestic Violence

Upon analysis, it is inferred that the increase in domestic violence in Pakistan is because of three factors articulated in the Wheel of Domestic Violence, as per the data extracted from the collected stories of abuse, trauma, and domestic violence for this research. described as:

**1 – Vulnerability: Includes:**

- Dependents (e.g. child, mother, sister that the abused tries to protect physically or financially)
- Learned helplessness (the abused accepts the violence against her)
- Savior complex (the abused thinks of herself as a rescuer for her dependent(s) or thinks that the abuser needs to take his anger out on her to feel better)

**2 – Beliefs: Includes:**

- Shame (e.g. ashamed, betrayed, belittled etc.)
- Aftermath (horrors or emotions felt after experiencing violence)
- Longing (hoping to have a future with no experienced violence)

**3 – Survival: Includes:**

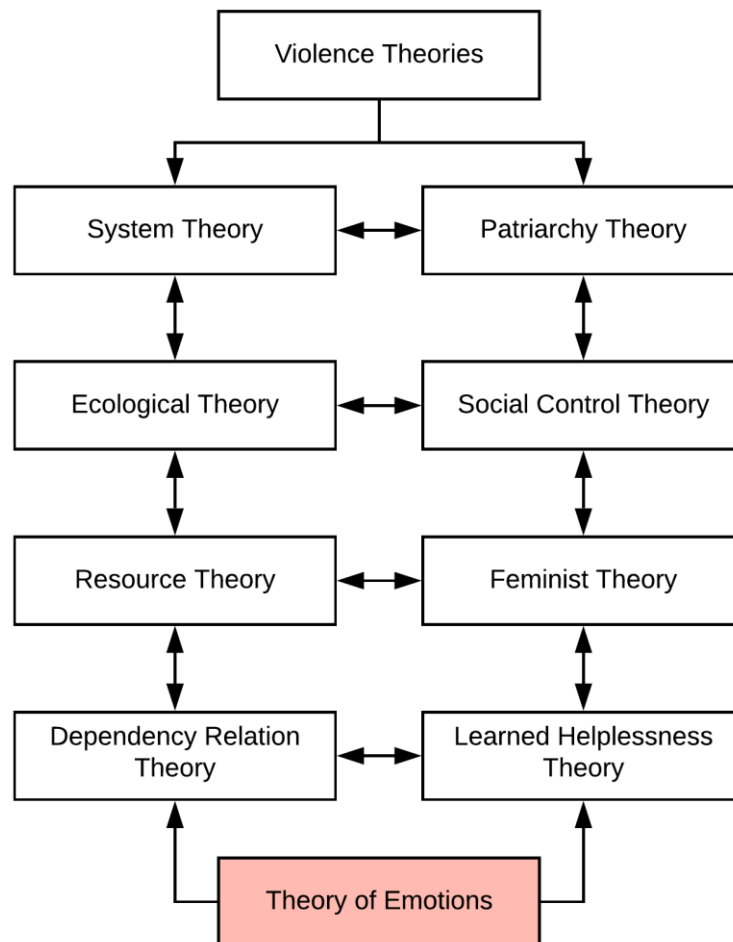
- Preventive measures (those taken by the abused to somehow not trigger the abuser to perform violent acts)
  - Triggers (events that make the abuser furious to perform violent acts)
  - Bystanders (e.g. family members or in-laws who see the abuse happen and not do anything about it but the abused hopes for them to rescue)
  - Reconciliation (measures taken by the abused to reconcile the matter e.g. stay together, not get divorced)
-

Additionally, an Incident Log (Figure 26) was collected from 21 participants who retained a record of 50 violence episodes that occurred with them for this study. Based on the articulation from the qualitative data, it is concluded that a high number of sexual and physical violence leads to the increase in emotional abuse for the abused.

More so, the existing literature talks about feminism as a way to equalize the injustice caused by patriarchal biases. This study adds to the feminist theory where women who are considered as fragile humans of the society, as merely emotional beings who are superheroes (super humans) powered by resilience, empathy, and sheer persistence even in the most defeated circumstances. In the book by Charles Darwin, *The Expression of Emotions in Man and Animals*, he argues that emotions are evolved and adaptive serving as a communicative function (Hess & Thibault, 2009). As mentioned in numerous places, his theory lacked psychological comprehension or theoretical framework (Hess & Thibault, 2009). It is by creating the Wheel of Domestic Violence, that an officiated Theory of Emotions is revealed from the perspective of the abused or female living through the cycle of extreme trauma and continuous agony, who experiences a variety of negative emotions, yet tenaciously perseveres the game of violence counter played by the abuser.

As mentioned in Figure 13 regarding the theories of violence, it is obligatory to add the Theory of Emotion to comprehend a side of the story that is ignored or overlooked by numerous scholars and researchers as displayed in Figure 32 below:

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**Figure 32: A Complete Theory of Violence**

Therefore, by adding a significant portion of analytical substance to the greater issue of domestic violence especially in a country like Pakistan, this research proves to be of value when used by psychologists and therapists for understanding both, the abuser and the abused. More so, with considerable importance given to the fact that violence is not an acceptable pretense nor displaying anger or power, it is a without a doubt paramount to address both the sides of the coin when providing assistance to the abused and also for the abuser.

### **Recommendations**

Based on what has been discovered from the analysis, the following recommendations are suggested:

1. In 2016 and 2019, there has been a spike in domestic violence cases in Pakistan. The factors behind those have not been revealed in many of the sources, hence needs to be discovered in order to discover if those factors triggered the spike in the following years.
  2. Research needs to be conducted to extrapolate the key measures undertaken to lower the number of violence cases in Pakistan and also to identify whether they played a suggestive part in the rise of violence cases for the years that have an enormous spike.
  3. The total of 13,478 calls from the victims of domestic violence on the emergency 15 helplines in Pakistan have been received during from January to May 2020, which signifies an escalation in the reported cases in Pakistan (Urdu Point, 2020). It is important to note that this augmentation materialized during COVID-19 lockdown, but we cannot be certain if COVID-19 has been the stimulating factor for the rise in the reported cases in Pakistan. By understanding the correlation between the rise of fear, frustration, health factors etc. during the COVID-19 crisis with respective to the rise of domestic violence reported cases is the additional research that needs to be executed.
  4. This research touched upon the first layer of identifying that domestic violence leads to the emotional impairment of the abused. In order to peel the second layer, variables such as confidence level, empathy, vulnerability, determined to survive, absolve etc. need to be investigated from the lens of domestic violence. Suggestion is to conduct a regression analysis to identify the correlation between those factors and domestic violence, which I plan to continue during the course of my doctoral studies.
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5. In addition to the above, the correlation between domestic violence from the perspective of men needs to be addressed to comprehend the psychological conundrum of sentiments that squander in their mind and body triggering them to perform the acts of violence on the women in their immediate living condition.

### **Conclusions**

The research paper focused on identifying two aspects of the rise of domestic violence in Pakistan. One, by quantifying the trends of violence—physical, psychological, sexual, and emotional—along with detecting the reported violence cases in Pakistan from 1990-2020. In addition to that, a theoretical framework is constructed to inaugurate the concept and use of the Spectrum of Abuse from the perspective of the abused, which has never been discovered or talked about in any literary or scholarly source. More so, the art of storytelling is used to accumulate experiential stories of abuse from the victims or survivors of domestic violence to support the research.

Descriptive research design was implemented to interpret stories of abuse, trauma, and domestic violence. Gathering of stories have been made through an online study and interviews with the victims/survivors of domestic abuse. Data cleaning, coding, and presentation of data was done by using NVivo, Tableau, Python, R, and MS Excel.

A sequential mixed method approach was applied to collect both quantitative (numerical, statistical) and qualitative (textual, interpretive) data. Quantitative data was collected from data archived from the United Nations, PDHS, Aurat Foundation, Data2X, and Asia Foundation.

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Qualitative and quantitative analyses was completed by using intelligent tools mentioned earlier. Textual analysis was done for qualitative data (stories). Quantitative analysis involved both descriptive and inferential analysis.

By analyzing data quantitatively and qualitatively it is inferred that emotional impairment of the abused is significantly caused by the collective implications of physical, psychological, and sexual abuse. Findings also reveal that the analysis of variance identified a significant correlation to the impact of different forms of abuse on the victim's emotional well-being.

It is therefore recommended to further the research to solidify the Theory of Emotions that will support in understanding the reason behind performative acts of abuse from the perspective of the abuser versus the powerlessness of the abused, in addition to further analyzing the cause of the rise of reported domestic violence cases in Pakistan during the COVID-19 2020 lockdown.

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## Appendices

### Questionnaire

The questionnaire can be accessed on <https://www.hamidakhatri.com/teardrop-survey>.

### My Passion for this Project

As an advocate for social justice, I operate with the philosophy that creativity is a pledge to embrace and value one's existence, and self-reflection is a process for changing awareness and behavior. The marriage between creativity and self-reflection brings forth a unique language that

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speaks beyond words. It signifies the change that helps individuals to visually express feelings and emotions, which are difficult to articulate through conventional means. It is a tool for personal metamorphosis that is the determining rationale for the research project.

The passion for this project stems from my experience of being raised in a strict conservative family where displaying emotions, such as crying or feeling hurt or exhibiting fear—to list a few—was perpetually implied as a solitary pursuit to deal with.

I always yearned to find my place and be open to talk about the pains (or gains) and how they affected me, psychologically, socially, or professionally. As a researcher, I am interested in closing the gap between implicit theories of social change and hands-on application of reflection and praxis as necessary tools for deep learning. My work drives my passion for curating spaces where women feel supported—rejuvenating their spirits and reviving the energies of perseverance—to the cause regardless of the geographic location, ethnic or religious background.

I want to share a story of a fearless woman I met in India while working on a similar project, sharing the heartfelt account of her experience of abuse and hardship with me. She was married at an early age and had separated from her husband then. She was working as a culinarian in the house I lived in. I noticed a freshly sutured wound on her forehead that went through her hairline. I was afraid to ask her about it. She seemed very fragile. After finishing the project (and before leaving the village), she invited me for dinner in her "jhompri" (a small one-bedroom house, mainly found in the slums) with a muddy floor, fire lanterns, and a broken roof. I entered her home. She dusted a small rag for me to sit on so that my clothes wouldn't get dirty. She fed me a mouth-watering egg curry. Even though she was a strict vegetarian, she specially cooked a non-veg meal for me, to express her sincere appreciation of having a company in her home since her separation. While she served the food, I nervously asked her about her head

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injury. She cried with a heavy heart and said, "My husband hit me with a rolling pin and took my hard-earned money to buy alcohol and gamble with his friends."

My world turned upside down. My eyes watered. "I have to help her," is what my heart said. It was at that moment I decided to work for the betterment of the women who experience domestic violence. This research supports one aspect of that effort.

## Consent Form

### Institutional Review Board Harrisburg University of Science and Technology

#### Participation Consent Agreement

The research study, titled ***Domestic Violence in Pakistan from 1990-2020: A Mixed Method Analysis***, has been approved by the Institutional Review Board of Harrisburg University of Science and Technology. This research study is led by **Hamida Khatri**, a graduate student of Information Systems Engineering and Management department at Harrisburg University of Science and Technology. The Faculty Advisor for this study is Dr. Stanley Nwoji, Assistant Professor of Business and Entrepreneurship, Information Systems Engineering and Management.

This study is being conducted in compliance with the standards and guidelines presented by Institutional Review Board (IRB). The researcher, Hamida Khatri, has been certified by ***Collaborative Institution Training Initiative (CITI) Program*** to conduct human-subject research.

#### What the Study is About

The purpose of this research is to identify patterns of behavior or emotions spawned by domestic violence. The individual narratives will run through a textual analytical tool that will interpret the submitted stories.

#### What We Will Ask You to Do

The participant is asked to fill out an online survey to share the experience in their own words. The participant is asked for 20 minutes to complete the entire survey depending on how much in-depth information they provide.

#### Risks and Discomforts

There is no anticipated risk for the participant in this research. The information will be protected at all costs, and the confidentiality of the data will be maintained throughout the course of this research.

#### Benefits

The pattern analysis could empower women against domestic violence and reduce the trauma faced by women in toxic relationships.

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**Compensation for Participation**

There is no compensation for participation.

**Privacy/Confidentiality/Data Security**

The data collected will be saved in a standard hard drive and will be deleted after 3 years of collecting this research.

**Taking Part is Voluntary**

Participation is voluntary. The participant may choose not to participate if they are uncomfortable in answering any of the questions after signing the consent form by withdrawing from the survey.

**If You Have Questions**

The lead researcher conducting this study is Hamida Khatri, a graduate student at Harrisburg University of Science and Technology. If you have questions, you may contact Hamida Khatri at [connect@hamidakhatri.com](mailto:connect@hamidakhatri.com). If you have any questions or concerns regarding your rights as a subject in this study, you may contact the Institutional Review Board (IRB) on 717-901-5100 or access their website at <https://harrisburgu.edu/>.

**Please, checkmark for agreed participation on the main project page and sign with your initials.**

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